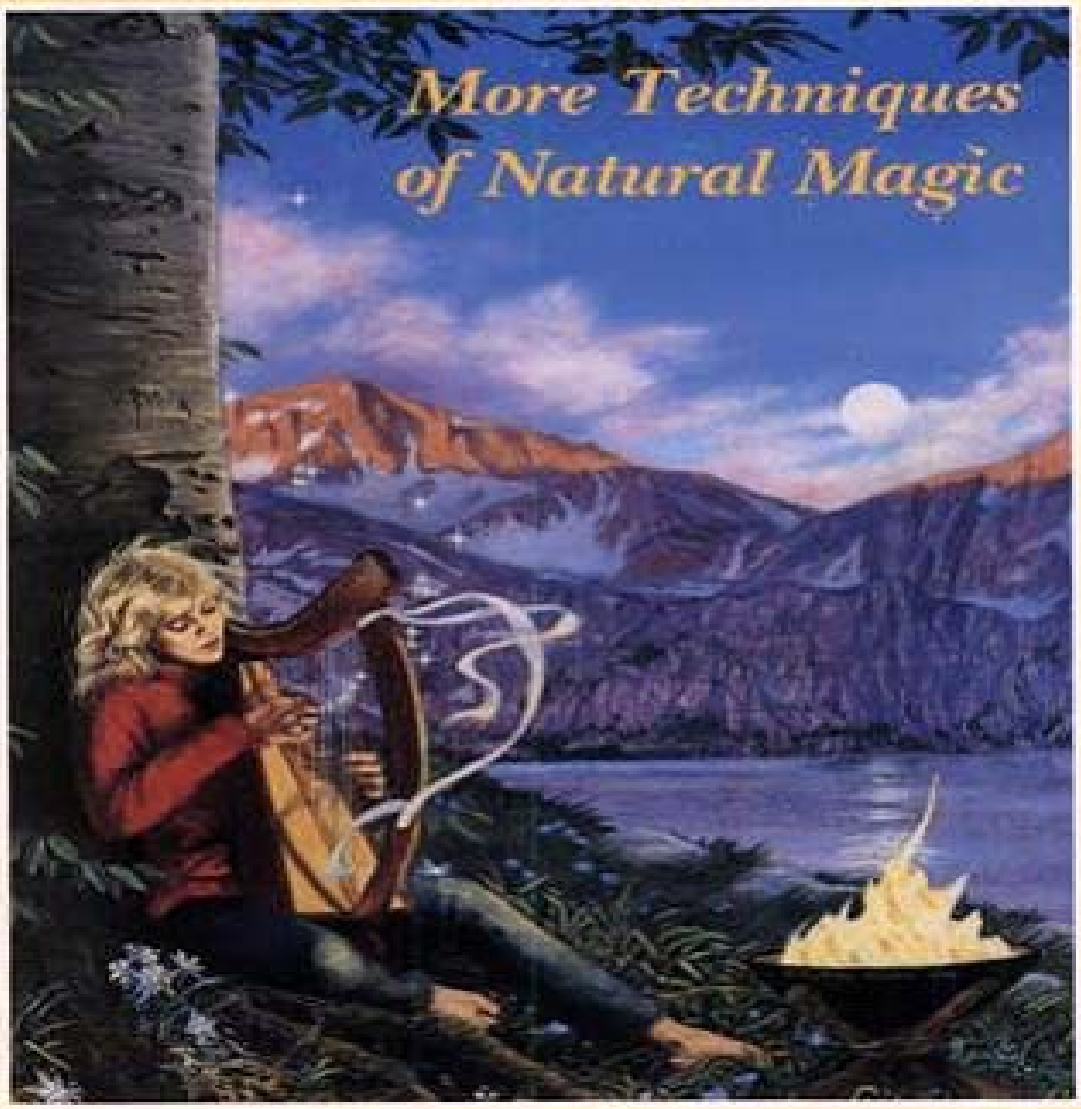
EARTH, AIR FIRE & WATER



SCOTT CUNNINGHAM

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Preface

After I'd written *Earth Power* in 1983, I felt that it was a natural introduction to the magic of the elements. At that time, most magical books treated the elements with mystical vagueness and presented no simple, down to Earth methods of working with Earth, Air, Fire and Water.

So I wrote a different book, filled with spells that sprang from ancient European folk magic. Such rites have long been used to create a relationship between their practitioners and the Earth itself. With simple rituals that anyone could do with a minimum of equipment, I hoped that the book would find a home.

It certainly has. I've probably received more letters regarding *Earth Power* than any other book that I've written. Though it's a short volume, the information contained within it continues to be utilized by a wide group of people, many of whom are just beginning to practice the natural art of magic.

Still, some readers have asked me to write a more "advanced" book on the subject. I've never been certain exactly what they meant. In all my books, I write of folk magic, not it's ceremonial cousin. Folk magic is just that—

the magic of the people. It's never been too complex, if only because these people didn't have time for fancy magic. Their rituals reflected their simple, subsistence farming lives.

It is this type of magic that I write of. I don't mention chakras, channelling, the Inner Planes, path working, geomancy or other such topics simply because they're not a part of my magical life. I prefer to write of what I know.

And so, *Earth, Air, Fire & Water: More Techniques of Natural Magic* isn't an advanced guide to this ancient practice. This book is a continuation of *Earth Power*, it's complement. Here you'll discover the wonders of star magic; the uses of candles, ice, snow and magnets; even the fine art of using wishing wells. I've also included additional looks at the magical properties of the ocean, mirrors, and stones. The last chapter is a step-by-step, detailed guide to designing your own magical rituals.

One theme underlies this book: the fragility of our planet. Today, the Earth is in turmoil, due to the actions of unthinking humans. As magicians, we don't abuse the Earth or the elements. We work *with* them, sending our own energies toward our planet and its many elemental manifestations. In doing this, we lend energy to our home.

The practice of natural magic has always encompassed a way of life. These days this may include recycling, planting trees, carpooling, saving water (in times of drought), avoiding the use of plastic and turning off the air conditioner. In taking these small steps toward saving our enviornment, we improve the effectiveness of our spells and rituals, if only because we've proven that we respect nature and the Earth, the Air, the Fire and the Water.

May these techniques of natural magic instill within us a sense of wonder concerning our planet and our lives.

Scott Cunningham
San Diego
November 1, 1990

Part I

BASICS OF MAGIC

1
This is Magic

A figure moves between tangled trunks, seeking the clearing. Soon the ancient oaks part to reveal a stream. The woman kneels on the stream's grassy bank and places her hands onto the ground. The steady pulse of the Earth's energy comforts her.

She gathers single strands of emerald-hued grass, thanking the plants for their sacrifice. When she's collected thirteen strands, she holds the leaves between her palms and is still for a moment.

She closes her eyes. Her lips move. Wind tugs at the woman's sleeve as her face tenses. Internal forces make her shoulders tremble. Rising to her feet, the woman tosses the grass into the air, sending the energy that she's raised with it.

The grass catches the breeze and sails over the stream. It lands on the far bank and the woman senses its power flashing into the ground, putting her energy into motion.

It's over. She lies on the bank, feeling the sun heating her, the breeze cooling her and the Earth supporting her. The trickle of water from the nearby stream lulls her into a

peaceful reverie as she recalls her simple actions and the power that they have aroused.

She gives silent thanks. Rising from the stream bank, the woman again walks through the trees and returns home from the park. The sun has stained the western horizon a vivid red by the time she greets her cat, grabs a book and reads by the fire, satisfied that her healing spell has been successful.

This description of a magical ritual might seem strange, but it's the type of magic that lives within this book: gentle, loving, healing magic. No curses lurk within these pages; no rituals of hatred or jealousy or envy.

If this is surprising to you, I'm glad that I'll be your guide into the true realm of magic. For this is *real* magic, forged with natural energies, charged with love and sent with the knowledge that positive change will occur.

Magic is as natural as the Earth, water, fire and air; yes, even as natural as a blade of grass. Within its simple rites many have found answers to the multitude of challenges that life presents to them. Natural magic (the practice of using the forces of nature coupled with the powers of our minds and bodies) has always been a part of the human experience.

It still lives: in the midst of the endless prairie; beside a cypress-ringed bayou; in the sizzling desert; within the shadow of skyscrapers. Natural magicians work with Earth energy to transform themselves and their lives.

This book is a guide to practical, positive magic. Anyone can use these or similar rituals to bring harmony into their lives.

In practicing natural magic, we attune with the earth.

Far from being a lofty spiritual pursuit, magic is a means of joining with the Earth and of using our powers in common to create a brighter future for both ourselves and for our planet.

Walk lightly... breathe deeply... harm none... and discover the wonders that magic has to offer.

2
Magical Techniques

If this is your first trip into the forested world of magic, the way may seem strange. You'll be faced with unfamiliar terms and ideas. This chapter is your map through this powerful terrain. Here you'll be provided with the inner tools necessary for effective magical workings.

For more information concerning unusual words, check the glossary at the back of this book.

ENERGY

Many think that magic involves marking cryptic signs, uttering incomprehensible words, walking backward around cracked stones and other unusual actions. They believe that such things are the beginning and end of magic.

In fact, such actions are the least important part of magic. They're meaningless unless they assist the magician in contacting energy in its many forms. Magic can, indeed, be performed by a person without movement, without touching physical tools, without even uttering a

single word of power. For some, this is the most potent form of magic, for it uses only the power of our minds and bodies. But this isn't natural magic.

Although the energy used in magic stems from one universal source, there are various manifestations of it. Additionally, magical energy also exists in non-physical forms (indeed, this is the power used in religious rituals).

These are the two types of energy used in natural magic:

Personal Power

Let's start at the beginning—you. You're already familiar with this source of magical power. You've felt it when you've run up a flight of stairs, watched an effective horror movie, grown angry, or felt submerged in love. This is *personal power*, the energy that stems from our physical bodies.

When we're in good health, our bodies are capable of producing tremendous amounts of energy, as any athlete who's pushed past seemingly human limits will understand. This energy derives from the Earth, for our bodies transform food, sunlight, fresh air, and water into available power. Normally, we use this energy to maintain good health and for such daily activities as exercise, work, sleep, study, thought, and sex—among other things.

In magic, we transfer some of this energy to other purposes. Personal power is raised (through tightening the muscles), focused with a goal (through visualization) and released to bring that goal into manifestation. This is a simple process, and isn't much different than focusing your attention toward studying all night, running a marathon, finishing a work of art, or writing a poem. The intent, if not the process, is the same: we direct energy toward completing a project.

In magic, however, we consciously release this

energy so that it can speed away to create the changes that we need. The method for doing this is discussed below.

Personal power is usually released from the body through the *projective hand*. This is the hand used for writing; the right hand for most of us. If you're ambidextrous, use either hand.

Please note: the amount of energy released from the body during magic isn't so great that it will harm the magician's health.

Earth Power

The second source of magical energy springs from the Earth itself. Those of us who've admired a stand of trees, a field of wildflowers, a calm lake, or a cave have already felt something of the energy that exists within the Earth.

Magicians sense even greater amounts of energy within natural objects, and choose them (according to their forms) to act as magical batteries during rituals. These forms of natural tools include stones, plants, lakes, oceans, storms, winds, flame, and many others. Each possesses separate, distinct types of energy suitable for specific magical changes.

In natural magic, we join personal power with Earth power. This is done through certain rituals designed to create our needed changes. The type of change determines the form of Earth power used.

We absorb Earth power (and all types of energy that don't originate within our bodies) through the *receptive hand*. This is the opposite of the projective hand described earlier. For most of us, this is the left hand.

Earth power is divided into four main divisions: Earth, Air, Fire, and Water. These are the Elements (see Chapter Four).

THE NEED OR GOAL

No magic is performed without a need. This can be literally anything, from losing weight or finding a love, to passing a test and paying old bills. The need must be an all-consuming passion, not a fanciful wish.

The need shouldn't be impossible to achieve. Performing rituals designed to make you fly in your physical body (without some sort of aircraft), marry a famous movie star (that you've never met), or win the lottery (when millions of others are attempting to do the same thing) will only bring you disappointment.

So keep your needs simple and attainable. If you do, you'll be blessed with success.

VISUALIZATION

This is an important part of every spell. Visualization is a natural process in which we create images in our minds. In magic, we create images of the need and banish all images of the problem. So see yourself as healthy, prosperous, or driving a car—not as being sick, poor, or walking to the bus stop.

Our ability to visualize is one of the most important tools of magic. We're able to create (to *see*) the future in our minds. Creating images in the mind during magic gives the power that we've raised a purpose and direction.

To practice visualizing, think of your mind as a television screen. Tune in a picture of yourself (look in the mirror or at a photograph of yourself to refresh your memory, then see yourself in your mind). Once you've successfully seen yourself on the picture tube between your ears, "see" your best friend's face, your cat, dog, or bird; your favorite politician, or a perfect red apple. Really

see these things. Make them real, in color, and three-dimensional.

The next step is an expansion of the last: see yourself, but see yourself as driving a car; living in a new apartment; passing a test or getting a fulfilling job. This is what you'll be doing during your rituals and spells: visualizing your needed change as if it has already happened.

Visualization is the steering wheel of magic. It ensures that the energy goes to the proper place. But many of us have difficulty with this process. This is why symbols, photographs, drawings and other tools are often used in natural magic to focus our concentration. These tools, by themselves, have little power. But used as focal points of concentration, they allow us to imprint the energy with a need, and to eventually steer the power to its destination.

THE SPELL

A spell is a magical ritual. It's usually non-religious in nature and often involves the use of symbols or symbolic actions and words. It's a specific series of movements, use of tools and inner processes (such as visualization) to create a specific manifestation.

A spell is a spell is a spell. Old spells are no more effective than new spells (see Chapter Nineteen). But to manifest your need, the spell must be designed to do three things:

a) Raise personal power (and, in natural magic, to unite it with Earth power)

b) Program this energy (through visualization) and

c) Release the energy.

This book is filled with spells of all types. Each is designed to accomplish these three things, but they need the magician's help. A spell is truly magical only in the

hands of a magician. Once you've started practicing magic you are a magician.

CHARGING

This is an aspect of natural magic. Charging is a process of sending personal power into a specific object or place (such as a tub of water, a candle, a leaf). To charge something, hold it in your projective hand, visualize your need, raise personal power (tighten those muscles until your tremble) and *push* the energy out of your body, through your projective hand, and into the object.

It's that simple.

THE MAGICAL VOICE

In reciting magical rhymes and words of power, use your strongest, surest voice. Speaking softly lessens the effect of the words. The words are there to affect *you*, not some foreign entity or deity. Say them with as much force as you can.

Naturally, there'll be times when you'll have to whisper the words. When this is the case, put as much emotion into them as you can. The effect will be the same.

Don't worry about being word-perfect. A skipped word won't harm the effectiveness of the spell. But if you feel your concentration faltering and your visualization fading after stumbling over a syllable or two, it's probably best to stop, back up a bit and say the words again.

Some spells don't require words. In fact, visualization is far more important in natural magic than words. The words are meant to strengthen your personal power, rouse your emotions, and fine-tune your visualization. Words are the vehicles which lead to your destination—

not the destination itself.

PREPARING FOR ALL RITUALS

(This is a checklist of things to do before performing magical rituals at home. Many rituals can be done elsewhere, and indeed can be more effective outside. If your spell takes place at the beach, you certainly don't have to worry about taking the phone off the hook.)

1. Ensure that you won't be disturbed during the spell. This may mean closing and locking a door; closing drapes (unless you can't be seen through the window); turning off the phone (or unplugging it and turning down the volume on the answering machine); and/or informing those you live with that you don't wish to be disturbed. This ensures your concentration: you don't want to worry about someone walking in during your ritual. If necessary, practice your rituals late at night, after everyone else has gone to sleep.

2. Physically prepare for the rite. Take a bath or shower and dress in clean, preferably cotton clothing. (If possible, avoid wearing synthetic fabrics during natural magic.) Robes are unnecessary, and you don't even have to wear clothing if you're more comfortable without it.

3. Ensure that your need is a true need, and a practical one. Though you should have done this before, it's never too late to decide to use some other ritual. Some magicians perform an act of divination (see Glossary) before performing all types of magic to discover the true nature of the problem and its solution. Since you'll be working most spells for yourself, this probably won't be necessary.

4. Breathe deeply for a few moments before beginning. This stills the mind, prepares the body and allows you to begin concentrating on your need.

PERFORMING A RITUAL

1. Gather the necessary tools.

2. Sit comfortably for a few moments. Breathe deeply. Concentrate on the change that you're about to make. Banish all thoughts of the problem and think of its solution.

3. Visualize as you begin to work with the tools. Charge tools if necessary.

4. Say the words or chant, if any.

5. Build the power within your body by tensing your muscles. Additionally, draw energy from the natural tools that you've selected to use in the spell by holding your receptive hand over them, by grasping them, or otherwise, according to the specific spell.

6. When the power is at its peak, when you feel yourself trembling from trying to keep it in, release it. *Push* the power from your body through your projective hand and by relaxing your body's muscles. You may send it into a candle, a stone, a fire, a glass of water or some other object. Will and sense the energy leaving you to do its work.

7. Repeat the spell until it has taken effect.

WHY RISK IT?

I'm referring, of course, to working evil magic. There are few rules in magic, and these are simple and easy to follow:

— Don't practice magic to annoy, irritate, harm, hurt or to kill another person.

— Don't practice magic that will bind, influence, manipulate or control another person.

— Don t practice magic to try to win the love of a spe-

cific person.

—Don't practice magic to try to win sexual favors from another person.

—Don't sell your magical spells.

—Don't practice magic to satisfy your ego.

—Don't practice magic of any kind for another person (even if it's beneficial) without her or his consent.

These aren't just my guidelines. They've been developed by experienced magicians over thousands of years. They're based on the idea that magic is a wonderful tool for positive, personal transformations. It's misuse—in any of the methods described above and others—turns it into an instrument of evil.

Magic is what you make it. Additionally, magic influences you. If you practice magic to control another person, someone else will control you. If you practice magic to harm another person, someone else will harm you. If you practice magic to satisfy your ego, something will come along to crush it. This is *always* the case.

Concentrating on these types of energy will build them within yourself. Soon you'll be the victim of your own spells. I've said all that I can about the dangers of such magic. Why risk it?

MAGIC FOR OTHERS

It's fine to perform magic for others . . . after you've obtained permission from the person in question. This may sound ridiculous, but it's based on simple concepts: first, working magic for another person, even if it's a close friend and the magic is beneficial, is manipulation. Doing this without their consent is, indeed, an act of magical sabotage.

Then again, it's best to ask friends if they even *want* the effects of the spell. Many times we don't understand our friends' lives, and may misinterpret their words and actions. Performing a spell to fix an imaginary condition is a waste of our time and energy. It's far better to talk to the person, to gain an insight into the situation, and to get their blessing before dragging out the candles and herbs.

Magic is usually a tool of self-transformation. We use it to improve our lives. We can also use it for others, and with good effect—but only with their permission.

THE MAGICAL LIFE

This book is a compilation of spells and magical rites that are linked to the world around us. In performing these and similar works of magic, many become aware of a new dimension. Instead of seeing their lives as an endless series of tests, disappointments, and failures, they view life as a joyous celebration and union with other humans, animals, the Earth, and with that which created all.

Natural magic does that. It opens us to new experiences and allows us to see what's always been under our noses: a full moon silvering a cloud, the gentle push and pull of the tides, the dazzling symmetry of a sunflower bursting with seeds, the caress of the wind.

With this expanded vision, many magicians realize that magic has always been at work in their lives; that it's our common heritage as human beings. This realization, combined with continuing magical activities, convinces them that life itself is a magical process. They begin to lead magical lives.

A magical life isn't one spent solely on spell casting, herb collection and chanting. It's one in which the subtle but real energies of the Earth are sensed with wonder; in which we feel the cycles of nature transforming us; in

which we as human beings respect the unknowable forces that shaped our world and gave us life.

We continue to work our jobs, take care of our loved ones, and pay bills—but we also see magic blossom in a smile; feel the Earth's thanks as we plant trees, and hear the wind singing while the sun plunges below the western horizon.

The magical life is easily attained. It's certainly worth achieving, for in this heightened existence problems become solutions, doubt becomes hope and life itself is transformed into a positive, happier, more fulfilling experience.

If magicians gain nothing else from magic, their efforts have been worthwhile.

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3
Tools of Magic

Natural magic is unique among most other branches of this art. Practitioners needn't spend years collecting or fashioning intricately crafted swords, robes, or even wands. Indeed, the most important tools of natural magic are free—the sky, the earth beneath our feet, beaches, and deserts.

However, a few physical tools and supplies are necessary for practicing this art. Most are easily obtainable and cost very little. This will be a short chapter, for some of these tools (such as candles and mirrors) will be discussed at greater length in later chapters.

If possible, use these tools only for magical purposes. No special preparation rituals are necessary before using them.

Here's a list of the most commonly used physical tools and magical supplies. See Appendix Two for mail-order sources.

- A *knife* of some kind, to cut herbs, to snip yarn and to etch symbols onto candles. It can be of any type, but traditionally it has a white handle. Use whatever you can

find.

- *Small bowls*. You'll need at least two or three small bowls to hold water, herbs, and other magical items. For various spells you'll also need larger bowls, plates, and other common dishes.
- A small pair of *scissors* for cutting paper.
- *Candleholders*. Choose metal or glass holders.
- *Glass bottles* with lids, for storing herbs as well as to fill with various objects during ritual.
- *Herbs* including rosemary, cloves, sage, dried and fresh rose, basil, cinnamon, thyme, and many others, according to the spell. Some rituals simply call for "leaves" or "flowers," and so any type can be used. The herbs mentioned in this book are easily available.
- *Candles*. Keep the whole spectrum of colors in stock for use when needed: red, pink, orange, yellow, green, blue, purple, white, black, and brown.
- *Stones*. These can be pebbles found on a beach, in a river or within the earth itself. Some spells call for other types of stones, but none are expensive.
- *Cloth* is needed for many spells. Choose cotton cloth or, if nothing else is available, felt can be used. Keep a rainbow of colors.
- *Thread* or *yarn* for tying and binding cloth and candles. Cotton thread and wool yarn seem to work better (magically speaking) than do synthetics.
- *Matches* to light candles (lighters just don't have the same magic).
- *Paper*. This can be simple white paper, or various colors, according to the purpose for which it's used.
- *Pencils* and *pens* for drawing magical symbols.
- A small *cauldron* or an iron pot, for burning things or to contain fire. Additionally, have another *small metal cup* to contain used matches.

Other items needed for various rituals include clay,

sand of various colors, windchimes, round and square mirrors, ice cubes, snow, and many other objects. Most of these are only occasionally used, and needn't be stocked in advance.

The Place of Magic

Your last tool is your place of magic. This is sometimes called the "altar," though this isn't the correct term unless you're performing religious magic. The place of magic is a powerful spot where we unite energies and work magical change.

It can be anywhere: a secluded forest clearing; the ground beneath your favorite tree or cactus; the beach, or a secret cave. Usually, though, the place of magic is closer to home: your own backyard or a corner of your bedroom. It's best to pick a favorite magical place and to use it for most spells and rituals.

Indoor rituals usually require a table or some other flat surface. The top of a dresser will do, as will the kitchen table or even the floor itself. Candles will be burned there, sand charged, and symbols sketched.

Though you'll be performing many spells out of doors, using a single place for your indoor rituals (even if it's beside your bed) will increase the effectiveness of your magic.

Clean your place of magic before each rite.

The most powerful tools of natural magic are yourself, lakes, deserts, mountains, beaches, forests, and other power generators. Outdoor rituals always require fewer tools.

These have been some of the tools of magic. May you use them with love, respect, and wisdom.

4
The Elements

I watched many documentary films in school when I was quite young. On those days when it was announced that a film was to be shown, it was usually considered to be a break from "real" classwork. These were the times to drowse while Walter Cronkite told us "You Are There," or while little furry things ate each other in glorious color.

Still, some of these films (this was in the days before schoolroom use of video tape) were interesting, and I closely watched those involved with rivers, mountains, volcanoes, the ocean, and the weather.

I remember one such film. After describing the creation of a canyon by the eroding action of a river, the screen was filled with sharp, angular cliffs and spectacularly weathered mountains. "See how the elements have carved these hills," the narrator had said.

That was my introduction to the elements. Naturally, the narrator was referring to wind, water, and sun, and the way in which weather shapes and transforms our landscape. But the word "elements" was permanently imprinted in my mind.

Several years later, I discovered the origins of that term.

The elements were more than the weather, I learned. They were thought to be the four creative energies of the universe. This idea, crafted long ago and refined in classical Greece, is still accepted by many magicians.

I've named this book *Earth, Air, Fire & Water* after the elements. The rituals contained within it relate, in some way, to these four universal energies. This chapter contains brief discussions on each of the four elements, including their basic natures, associated tools, symbols, types of rituals, and other magical information. I've kept these discussions short because the best way to become aware of the elements is to work with them.

Each of the elements is necessary for human life. All have both positive and negative aspects, and each acts as a check for the others. The Earth without Water to moisten it, without Fire to warm it, and without Air to surround it, would be a lifeless planet. The elements work in harmony to create and to sustain life.

In reading these discussions, keep in mind that the elements are present both in physical form (such as a handful of soil) and in unmanifested, non-physical form. Additionally, all the elements emerge from Akasha, the source of all energy, which is treated separately at the end of this chapter.

EARTH

Earth is our mother. It's as fertile and nurturing as farmland; as moist as soil and as dry as sand. In its physical manifestations (such as stones), Earth represents the densest of the elements.

Press your hand against fresh dirt. Feel it's stability, its *earthiness*. Know that within its fertile surface we've

raised our food; on it we live our lives; within it we bury our deceased.

We couldn't exist in this form without the Earth. But our planet is simply a manifestation of this element. True Earth-energy also exists within ourselves and within the universe at large.

Here are some symbolic associations of Earth. Think about these aspects of this most basic element.

BASIC NATURE: Fertile, moist, nurturing; stabilizing; grounding. Gravity is a manifestation of this element.

TYPE OF ENERGY: Receptive.

COLOR: Green (from the color of living plants).

PLACES: Caves, canyons, chasms, forests, groves, valleys, fields, farms, gardens, arboretums, parks, plant nurseries, farmer's markets, kitchens, baby nurseries, basements, mines, holes.

RITUALS: Money, prosperity, fertility, stability, grounding, employment.

RITUAL FORMS: Burying, planting, making images in soil or sand.

HERBS: Earth-smelling plants, such as patchouly and vetivert; mosses and lichens; nuts; dry and stiff plants; heavy, low-growing plants; generally roots.

STONES: Heavy or opaque, as in coal; green, as in emerald and peridot.

METALS: Iron, lead.

MUSICAL INSTRUMENT: Drum, all percussion instruments.

CREATURES: Dog, horse, earthworm, gopher, ant, cow, burrowing animals.

SEASON: Winter (the time of darkness).

DIRECTION: North (the place of greatest darkness).

TIME: Night.

MAGICAL TOOL: Pentacle (a wooden, metal, or clay disc inscribed with a five-pointed star).

POINT IN LIFE: Advanced age.

ASTROLOGICAL SIGNS: Taurus, Virgo, Capricorn.

SENSE: Touch.

NATURAL SYMBOLS: Salt, clay dish of fresh soil, rocks, sheaves of wheat, acorns.

SYMBOLS FOR:

TYPES OF MAGIC RULED: Gardening, magnet, image, stone, tree, knot, binding.

AIR

Scientists and magicians may have different views concerning this element, but all agree that it's vital to human survival.

Without air, we would perish.

Air is the power of movement; of freshening and of intelligence. It's the invisible and yet quite real mixture of gases that we breathe in every day. In magical terms, Air is also the power of the mind: the force of intellect.

Go to a place with clean air and breathe deeply. Touch a feather. Inhale the fragrance of a heavily scented flower. Study an intricately patterned leaf. Experience the

wonders of the manifestations of this element. Remember, too, that we possess Air energy within ourselves.

Here are some Air associations:

BASIC NATURE: Flying, moving, fresh, intelligent, suspending. Sound is a manifestation of this element.

TYPE OF ENERGY: Projective.

COLOR: Yellow (the yellow of the sun, the sky at dawn).

PLACES: Mountaintops, wind-swept plains, cloudy skies, high towers, airports, schools, libraries, offices, travel agencies, psychiatrist's offices.

RITUALS: Travel, instruction, study, freedom, knowledge, recovering lost items.

RITUAL FORMS: Tossing objects into the air, suspending tools in high places, fanning light objects, visualization, positive thinking.

HERBS: Fragrant, as many flowers; pungent, as in culinary herbs such as dill; airy, finely-veined, or wind-swept; generally leaves.

STONES: Light stones, such as pumice; transparent stones, such as mica.

METALS: Tin, copper.

MUSICAL INSTRUMENT: Flute, all wind instruments.

CREATURES: Spider, most birds, winged insects.

SEASON: Spring (the time of freshness).

DIRECTION: East (the place of sunrise).

TIME: Dawn.

MAGICAL TOOL: Wand.

POINT IN LIFE: Infancy.

ASTROLOGICAL SIGNS: Gemini, Libra, Aquarius.

SENSES: Hearing, smell.

NATURAL SYMBOLS: A feather, incense smoke, fragrant flowers.

SYMBOLS FOR:

TYPES OF MAGIC RULED: Divination, concentration, visualization, wind magic.

FIRE

Fire is the creator and the destroyer. It warms our homes, cooks our food, and fuels our passions. Unlike the other elements, Fire cannot exist in physical form without consuming something else. Thus, fire transforms objects into new forms: heat, light, ash, and smoke.

On a sunny day, go outside at noon and press your receptive hand against a warm rock. Smell the smoke from a burning fire. Gaze into a candle's flame. Immerse yourself in Fire energy, and realize that it also exists within ourselves.

Fire must be controlled to be of benefit to us. When we light a candle, we call upon its powers—but also limit them. This is necessary if its physical forms are to be of use. But even a raging forest fire actually helps the Earth, clearing away underbrush and encouraging dormant seeds to burst into new life.

Here are some of the magical associations of Fire:

BASIC NATURE: Purifying, destructive, cleansing, energetic, sexual, forceful. Heat is a manifestation of this element.

TYPE OF ENERGY: Projective.

COLOR: Red (from the color of flames).

PLACES: Deserts, hot springs, volcanoes, ovens, fireplaces, bedrooms (for sex), weight rooms, locker rooms, saunas, athletic fields.

RITUALS: Protection, courage, sex, energy, strength, authority, banishing negativity.

RITUAL FORMS: Burning or smouldering; heating.

HERBS: Stinging, thorny or hot, as thistles, chile peppers and bouganvillea; desert-dwelling, as cacti; stimulating, as coffee beans; generally seeds.

STONES: Red or fiery, as in jasper; volcanic, as in lava; clear, as in quartz crystal.

METALS: Gold, brass.

MUSICAL INSTRUMENT: Guitar, all stringed instruments.

CREATURES: Snake, cricket, lizard, praying mantis, ladybug, bee, scorpion, shark.

SEASON: Summer (the time of heat).

DIRECTION: South (the place of heat).

TIME: Noon.

MAGICAL TOOL: Knife.

POINT IN LIFE: Youth.

ASTROLOGICAL SIGNS: Aries, Leo, Sagittarius.

SENSE: Sight.

NATURAL SYMBOLS: Flame, lava, a heated object.

SYMBOLS FOR:

TYPES OF MAGIC RULED: Candle, storm, time and star.

WATER

Water is the cleansing, healing, psychic, loving element. It washes over us when we see our mates; supports us when we swim; gives us life when we are dehydrated. Dew dusts plants after the sun sets. Rainstorms (one manifestation of this element) drench us.

Taste pure water. Move your hand through a stream, lake, pool, or bowl full of water. Feel its cool liquidity; it's soft touch. Listen to water trickling into a pool. As you do these things, remember that we contain Water energy within ourselves as well.

The energy of this element is vital to our well-being as humans, for it contains within it the essence of love. Love is the underlying reason for all magic. Water *is* love.

Here are some magical Water associations:

BASIC NATURE: Flowing, purifying, healing, soothing, loving.

TYPE OF ENERGY: Receptive.

COLOR: Blue (from the hue of deep water).

PLACES: Lakes, springs, streams, rivers, beaches, oceans, wells, swimming pools, bathtubs, showers, bedrooms (for sleep), health spas, steam rooms, fountains.

RITUALS: Purification, love, psychic awareness, dreams, sleep, peace, marriage, friendships.

RITUAL FORMS: Dilution, placing into water, washing away, bathing.

HERBS: Aquatic, such as water lillies and seaweed; fleshy, as in succulents and lettuce; loving, as in rose and gardenia; generally flowers.

STONES: Transparent or translucent, as in amethyst and aquamarine; blue, as in blue tourmaline.

METALS: Mercury (Quicksilver), silver, copper.

MUSICAL INSTRUMENTS: Cymbal, bell, all resonant metals.

CREATURES: Cat, frog, turtle, dolphin, whale, otter, seal, dugong; most fish and shellfish.

SEASON: Autumn (the time of harvest).

DIRECTION: West (the place of the setting sun)

TIME: Dusk

MAGICAL TOOLS: Cup, the cauldron.

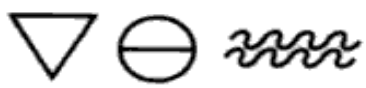
POINT IN LIFE: Maturity.

ASTROLOGICAL SIGNS: Cancer, Scorpio, Pisces.

SENSE: Taste.

NATURAL SYMBOLS: Shells, a cup of water.

SYMBOLS FOR:



TYPES OF MAGIC RULED: Sea, ice, snow, fog, mirror, magnet.

AKASHA

The Elements emerge from Akasha, the immutable, changeless source of all energy. This is the realm of potentiality: of promise, of paths not yet taken, of unformed galaxies, of outer space.

Akasha is also present within our bodies. Some say that the spark of life, that unknowable force that is called the "soul," is a bit of Akashic energy housed in the physical body.

Akasha is sometimes thought to be symbolically present on the Earth. More often it's seen as the Mother (Creatrix) of the elements. It's little used in natural magic, but something of its nature should be understood.

Primarily, Akasha is *unbeingness*. Its energy, which extends everywhere throughout the universe, has not yet achieved form and substance. It's the primal source of energy that creates and fuels the elements.

Because of this, it contains complete, balanced energy: Earth and Air and Fire and Water. The following table of Akashic associations points out its universal nature, and is not meant to be used for magical purposes.

BASIC NATURE: Unknowable.

TYPE OF ENERGY: Projective/Receptive.

COLOR: Purple or black.

PLACES: Outer space; vacuums; the Void.

TYPES OF RITUALS: Religious in nature.

RITUAL FORMS: None.

HERBS: None.

STONES: None.

METAL: Meteoritic.

MUSICAL INSTRUMENT: None.

CREATURES: None (and yet, all).

SEASON: All (and yet, none).

DIRECTION: North, east, south and west; also within and without; up and down; also, a complete lack of directions and dimensions.

TIME: Eternal starlight.

ASTROLOGICAL SIGNS: None.

MAGICAL TOOL: None.

POINT IN LIFE: Pre-Conception; soulness.

SENSE: None.

ASTROLOGICAL SIGNS: None.

NATURAL SYMBOLS: None.

SYMBOLS FOR: None.

TYPES OF MAGIC RULED: Religious.

5
Preparatory Rituals

Some magicians perform short pre-rituals before the main magical course. These are designed to create the proper frame of mind within the magician. In this state (I have elsewhere called it *ritual consciousness*), the magician is aware of the natural forces of the Earth as well as of her or his inner power. Attaining this state is, indeed, necessary before performing any type of natural magical ritual.

Performing rites such as these awakens the magic within us. They prepare the mind, body, and spirit for the coming magical act. They begin to rouse personal power, readying us for the ritual that will follow.

Such preparatory rites are never necessary, but you may use them if you wish. Though the rituals aren't religious in nature, those with a leaning toward Earth-based religions can certainly alter the words a bit to include their religious beliefs.

There are two rites here: a general ritual of attunement with the elements, and one to be performed at midnight. A third preparatory rite, an attunement with the ocean, can be found in Chapter Eighteen.

A GENERAL RITE OF PREPARATION

You'll need nothing but yourself, a small rock or bowl of fresh soil, a fallen feather, a candle, and a dish of water.

Sit or stand at your place of magic. You should, of course, be alone and the house should be quiet (this ritual is best performed indoors).

On the table, place the rock or bowl of soil in the North; the feather in the East; the candle in the South and the dish of water in the West. These objects should be about six inches from each other. (You may need a compass to discover the directions. Or, simply notice where the sun rises. This will reveal the general Eastern direction.)

Breathe deeply for a moment. Touch the soil or rock with your projective hand. Say something like the following:

> **I call the forces of stability, foundation, and prosperity.**

As you touch it, *feel* the Earth. *Feel* its moist, cool fertility; its yielding yet strong surface. Visualize Earth power radiating up into your hand.

Gently touch the feather. Say words like the following:

> **I call the forces of freshness, thought, and movement.**

Really *feel* them. Feel a wind sweeping through you. Visualize the most dazzling sky that you've ever seen.

Hold your palm over the candle's flame, close enough so that you can feel its warmth, while saying:

I call the forces of transformation, love, and passion.

Once again, don't make an empty call. Think of a roaring bonfire. Recall the love of family and friends. Feel the heat of the summer sun on your skin.

Touch the water, saying these or like words:

I call the forces of love, purification, and healing.

Imagine yourself sliding down a waterfall or swimming. Feel raindrops splashing onto your nose. Plunge into the sensation.

Place your hands, palms downward, over the assembled objects. Say these or similar words:

From the soil; from the stone;
From the wind-swept sky;
From the flaming power cone;
From the water's sigh;
I now call the blended force
Of Elemental power;
Come here from your primal source:
Be here in this hour!

Move your hands in clockwise circles over the elemental tools while saying:

Earth empowers my magic!
Air empowers my magic!
Fire empowers my magic!
Water empowers my magic!

It is done.

A MIDNIGHT CHANT FOR INCREASED POWER

This can be done before spells cast at midnight. This is a peaceful time, and is conducive to magical workings. Midnight is not, however, a time for negative or evil rituals.

Some of us say that we fear the night. We usually don't fear it but what we believe awaits within the night. Night isn't evil; it's the twin of day, the domain of the moon and the stars. It's traditionally a time of magical power, for fewer humans are awake. We have less distractions; our minds are at peace.

It's best to perform this ritual outside, even if the spell that will follow it will be done indoors. You can do this before an opened window, if necessary.

Go outside into the inky void of night a few minutes before midnight. Stand with your legs slightly apart. Raise your hands. Feel the soothing yet potent energies of the night filtering into your consciousness, brushing against your body, tugging at your hair.

Take three deep breaths. Listen. Wait. Gaze up at the darkened sky. If the moon or clouds are present, watch them. Otherwise, stare at the stars. Calm yourself. Prepare yourself.

Open your consciousness to the living reality of the night. Let it enfold you. Feel the embrace of its timeless energies; sense them transforming you.

Then say the following or similar words in a hushed, whispered voice to bring the elemental powers of the night into you:

O stars whirling through the inky round;
O power hiding from the light;
O black curling on the darkened ground;

O secrets biding in the night;
O ebon treasures and the owl's sweet cry;
O haunting forces of the deep;
O misty measures of the circling sky;
O daunting courses that you keep:
Come to me with your shadowed light!
Fill me with your magic power!
Enfold me with your arcane might!
Be here at this mystic hour!

Let your arms fall to your sides.

Do not be afraid. The cool energies of the Earth cannot and will not harm you. Willingly accept them. Drink in the power that the night, the sky and the Earth have given you. Feel the remarkable changes that have occured within you.

Show your appreciation to the elements by facing North and raising your hands in honor of the Earth. Turn East to honor Air; South to honor Fire, and West to honor Water.

Next, lift your hands far above your head, reaching into the night itself, then touch them lightly to the ground before your feet.

The time has come. The power of midnight vibrates within you. Positive spells of all types may now be done.

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Part II

ELEMENTAL MAGIC

6
Earth Power

In winter, the Earth is hidden beneath deep layers of snow. In the spring, moistened soil eagerly nourishes seeds in its richness. Earth bakes under the summer sun, and is strewn with red, orange, yellow, and brown leaves as autumn sets in.

The Earth is our Mother. Practice these or similar rites, but also give energy back to the Earth. A simple ritual for accomplishing this can be found at the end of this chapter.

If you live within the asphalted corridors of a major city, plan a few excursions into the countryside to perform Earth magic. Visit streams, rivers, or deserts to collect sand. Most importantly, attune with the Earth and She shall give to you what you need.

HOUSE PLANT BLESSING

I've written at length about plants and herbs in many of my books. However, I always think of something that I haven't included. Here's an example.

Plants grown in the house are entirely dependent

upon their caretakers for their lives. This blessing, when properly performed, will ensure that the plant thrives. Be certain that the plant receives the proper amount of light, water and fertilizer at the recommended times. You will need:

One potted houseplant.
One pencil or green pen.
One 1-inch square piece of paper.
A small amount of water (if the plant is a cactus, see the next ritual).

Place the houseplant and all other items on a flat surface near or in the place where you'll grow the plant. Using the pencil or green pen, draw a simple, small picture of the plant in vibrant health on the small piece of paper. Draw lines of energy streaming out from it. Visualize the plant's future health as you're doing this.

Next, gently brush the paper (picture side down) against the plant, giving it love and energy, and possibly saying the following words:

Shoots unfurl;
Flowers bloom;
Leaves uncurl
In this room.
Plant of green,
Forever strong,
Grow now here
Where you belong.
Roots push deep and
Branches climb
By the power
Of this rhyme.
Grow now, plant; this is the time!

As you say these words, block out all thoughts of past failures that you may have had with houseplants. This will only negate the power of the ritual.

Next, fold the paper with two creases into a small square. Push this into the soil, close to the pot's wall. As you do this, say:

I give you power!

Move the plant to its new home. Water it while saying:

I give you life!

Set down the empty water container. Hold your hands palms downward above the plant and say:

I give you love!

It should grow beautifully.

HOUSE CACTUS BLESSING

Cacti are plants, of course, but they're so different that I've created a special ritual just for them. You'll need:

One potted cactus.
One pencil or green pen.
One 1-inch square piece of paper.
One plate.
A handful of clean sand.

The first part of this ritual is much the same as the last: draw a picture of your cactus on the paper, with streams of life coming from it on all sides. Visualize your

cactus in full-bloom, or in perfect health.

Next, place the paper picture-side up onto the plate. Pour the sand over the picture. Place the fingers of your projective hand onto the sand. Look at the cactus, visualize it in perfect health, and say these or similar words:

Denizen of
Arid lands;
Secret keeper
Of the dew;
None can touch you
With their hands
But I touch the
Heart of you.
Roots push deep and
Branches climb;
By the power
Of this rhyme:
Cactus, grow! This is the time!

Carefully pick up the piece of paper, keeping as much sand on top of it as is possible. Pour this in a clockwise circle onto the dirt around the cactus. Fold up the paper and push it next to the wall of the pot or planter.

It is done.

THE SAND TRAP

This a simple ritual designed to "trap" negative energies before they enter your home. Similar objects and devices have been used for centuries around the world. To make it, you'll need:

• A small jar that once held spices, perhaps. It should be glass for, after all, glass is made from sand.

Thoroughly wash and dry the jar, removing any labels. It must have a close-fitting lid as well.

- Equal quantities of two different colors of sand. Some types include: fine greyish-white beach sand; yellowish coral sand (found on beaches in the Gulf of Mexico and in Hawaii); orangish sand from the desert; red sand from volcanic areas; black obsidian sand and many others. Search for suitable sands on your magical forays into the wild. Or, buy them from aquarium supply stores, plant nurseries, or craft shops. If you buy them, be certain that the sands haven't been artificially colored.

- A spoon (teaspoon for smaller jars; tablespoon for larger jars).

- Two small bowls to hold the sands.

Before you begin, pour one type of sand into the bottle until it's just over half-filled. Empty this sand into one dish. I'll refer to this as Sand #1 throughout these instructions.

Clean the bottle (if necessary) and repeat with the second type of sand, emptying it into its own bowl. This is Sand #2.

Now you're ready. Hold your projective hand over Sand #1. Look down at it. See it humming and writhing with protective, projective energy. Touch the sand. Caress it. Visualize it emitting sparks of bright white light that ensnare negativity and draw it inward. Charge it with personal power.

Repeat with Sand #2.

Place the bottle before you. Scoop out a level spoonful of Sand #1. Pour this into the jar while saying the following words:

Trap of sand
Trap the ill.
Trap the bane and
Evil will.

Fill the spoon with the same amount of Sand #2. Carefully pour this into the jar over the layer of Sand #l, saying the same rhyme.

Continue alternating layers of sand and the chant. Repeat until the jar is completely filled. You should put so much sand into the jar that, when the top is on, the contained sand shouldn't move.

When you've finished, you'll have a jar filled with bands of different colored sand. Hold it between your hands and say once again, while visualizing,

Trap of sand
Trap the ill.
Trap the bane and
Evil will.

Push power into the sand trap. Place outside your home hidden among plants, buried in the earth or (my favorite standby) in a flowerpot filled with dirt. If this is impossible, place the jar in a sunny window. It will do its work.

The sand trap, by the way, makes a great gift for friends who enjoy magical objects. Make it with their permission, and give it with love.

A CLAY SPELL

(to mend a broken heart)

You'll need a small quantity of clay. It can be of any type or color. In fact, for this spell, red clay is ideal. Also

have a small quantity of water (if necessary to work with your clay), a sheet of waxed paper, and a round box of some type.

Form a circle by pressing together the tips of your thumb and ring finger of your left hand. Make a ball of clay that's just small enough so that it can pass through this circle.

Smooth and knead the clay while thinking of your heart-breaking situation. Really work out your frustrations, anger and pain on the clay. Punch it. Squeeze it. Break it into small pieces...but always reshape it into a ball again. (Note: do not blame the other person!) Wet your fingers with water (if needed) throughout this spell.

Now smooth the ball into a thick, flat circle on the waxed paper. Push and tug it into a rough heart shape. Lift it from the paper and, holding it with both hands, rip it apart. Say:

This is what was.

After a few seconds, tenderly lay the pieces back onto the waxed paper and put them back together, smoothing over the broken edges until you've returned your heart to its original appearance. Release all the anger, fear, hatred, and guilt that you feel about the relationship, affirming that these emotions are now in the past. Say:

This is what is.

Carefully lift the heart and lay it over your own, pressing the cool clay against your skin. Feel its energy entering you, healing you, soothing you.

When finished, place the heart in a round wooden or cardboard box and leave it there for use as needed. (If the

clay hardens, fill the box with rose petals and keep as a symbol of your self-love.)

A BOOK BINDING RITUAL
(to ensure its return)

Those of us who study the old ways of natural magic are usually fond of books. Our fondness often leads us to loan them to friends. Unfortunately, loaning a book may mean that we'll never see it again.

Hence, this book binding ritual. It utilizes knot magic (which I discussed in chapter twelve of *Earth Power*). Binding and knots are ruled by the element of Earth, and so I thought that this spell could a find a place in this chapter. (Besides, it didn't seem to belong anywhere else.)

In natural magic, knots are physical objects that both represent intangible goals (such as the return of loaned property) and absorb personal power. The following spell utilizes the power of the knot in this way.

(This ritual isn't intended to force or to coerce another human being to return a book; it's a spell to ensure the book's return. It doesn't affect the loanee; it affects the book itself.)

Here's how to do it:

Before you loan the book, hold it between your palms. Send personal power into it while saying:

By hill and wind,
By flame and brook,
By shining moon and sea;
I place a bind
Upon this book
That it return to me.

Wrap one foot of plain white cotton string around the book, securing the string with a knot. Knot tightly, but leave enough slack so that you can slip off the string without untying the knot. As you make the knot, visualize the book returning to you, and say once again:

By hill and wind,
By flame and brook,
By shining moon and sea;
I place a bind
Upon this book
That it return to me.

Slip off the knotted cord. Put in some secret place. As you actually loan the book, say the words again (even under your breath). The book should, indeed, return to you. Once it has, untie or cut the cord. It's done its work.

A RITE FOR THE EARTH

(This isn't a spell. It's a magical ritual designed to give energy back to the Earth. You may use it or not as you wish.)

Light no candles. Burn no incense. Go to the wilds to perform this spell, a place far from the haunts of humans. If this is impossible, work this rite in your place of magic. There, have ready a potted plant or four plain stones. (Don't use mined quartz crystals.)

Sit on the ground. Place your hands onto the dirt beneath you (or onto the plant or stones, if inside). Visualize the Earth from space as a blueish-white sphere of positive, whole, healed energy. Experience it as a living organism.

When you're ready, say these or similar words:

Pure are the caves and plains;
Pure are the sod and hills;
Pure are the winds and skies;
Pure are the lakes and rills;
Pure are the clouds and rains;
Pure are the woods and trees;
Pure are the valleys deep;
Pure are the bays and seas.

Renew your visualization, then begin again:

Pure are the birds that fly;
Pure are the hounds and bats;
Pure are the fish and whales;
Pure are the hares and cats;
Pure are the owls and snakes;
Pure are the stags and deer;
Pure are the lizards green;
Pure are all creatures here.

Once again, renew your visualization. *Feel* the Earth. Block all thoughts of the ravages that our species has subjected to our planet. See the Earth as a healed, whole being. Then say these or whatever words come to mind:

As I receive your energy, now receive mine.

Pour your personal power out through your palms and into the Earth (or the stones or plant). Gently send it spiralling down into our planet, lending it the strength to survive. Willingly give of yourself for a few moments while visualizing that shining blue planet hanging in

the sky.

After a few moments, end the ritual by lifting your hands and standing. (If performing this rite indoors, place the stones or the potted plant onto the ground outside to allow the Earth to absorb the energy.)

It is done.

7
Air Power

I stood in a friend's garden, admiring the roses in the moonlight, then looked up at the huge sweep of the sky. It was a clear night. As I looked at the stars, something moved past them.

Intrigued, I glanced at the moon. There, far above, higher than I'd ever seen them, a flock of birds flew overhead, taking advantage of the silvery light to return to their nearby nesting sites. I've often casually watched birds, but seeing them on that magical night, perfectly at ease in their element, I was struck by the sheer beauty of these winged creatures.

Birds have always been linked with the element of Air. For how many millenia did humans watch them, in envy, take to the skies? Our ancestors may have claimed parts of the Earth as their own, but the skies belonged to birds only.

Humans began infringing. Kites were developed in China, and humans were sometimes attached to these kites. Hot-air balloons followed, as did airplanes, jets, helicopters, ultra-lights and hang gliders. But human-powered flight didn't become a reality until quite re-

cently. To this day we still rely on machines to propel us into the birds' domain.

Between the runways of modern aiports, birds nest within sight of modern human flying machines. I don't blame them. If I were a bird, I'd be smug too.

Air is a friend. It's a cool wind on a hot day. It's a letter or a piece of paperwork; a phone call or a conversation. It's the force that scatters fallen leaves and fills sails until they billow. It's the twin of Fire.

The rituals in this chapter are diverse in their forms and purposes, but all fall firmly within the feathered realm of the element of Air.

(As I sat retyping this chapter's introduction, a stiff wind blew through the window and scattered my notes onto the floor. Not surprising, perhaps?)

TO GO ON A JOURNEY

If you need to go somewhere, but haven't the means to do so, try this:

Start with a plain sheet of paper. Yellow paper is ideal, but it is not essential. Grasp the paper in your projective hand. Face East. Hold the paper in that direction while saying:

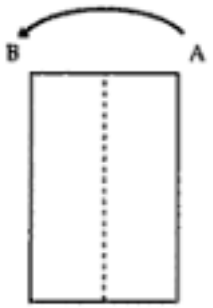
This is my tool of transportation.

Repeat to the South, West, and North, saying the same words. Now, on a flat surface, using a pencil, write the name of your destination on the piece of paper. Use large letters and be specific ("Glastonbury Tor" rather than "England," or "France" rather than "Europe"). Visualize yourself at your destination as you write. Draw the magical symbol for travel several times around your destination (see Appendix One).

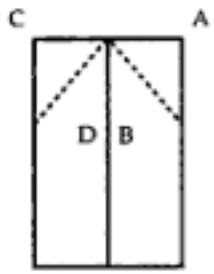
Press your projective hand's palm against the sheet of paper. Strongly visualize yourself in that place again.

Next, fold the paper into a paper airplane. It can be one of your own design, or use the instructions included here. The paper airplane must be able to fly. This is very important.

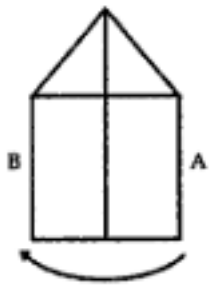
As you fold and crease the once two-dimensional object into a three-dimensional one, really see and feel what it will be like to be at your destination. Visualize yourself as already being there.



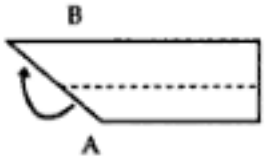
1. Fold in half from A to B. Unfold.



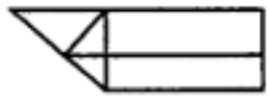
2. Fold A to B, fold C to D.



3. Fold A to B.



4. Turn on its side. Fold A to B.



5. Turn over. Repeat.

Go outside (or open a window). Hold the completed airplane in your projective hand. Say these or like words:

Blowing winds, surging strong,
Restless ones of Air;
Send me where I belong;
O winds, take me there!

Repeat at least nine times, continuing to visualize, feeling the power build within you as your muscles tighten.

As you say "take me there" the last time, launch the plane into the air. It should sail freely for several feet (aim upward, rather than at the ground). As it flies, it releases the energy that you've given it into the element of Air.

Retrieve the airplane. Thread a needle with yellow thread. Push the thread through the airplane and hang it, by this thread, from the ceiling (or some other high place in your home) until it's time to leave. Once this occurs, take down the airplane, unfold the paper and take it with you. After you've returned (if you plan to do so), tear the paper into small pieces and properly dispose of it (recyle, if possible).

(Note: This ritual can be used for travel of all kinds. It's not restricted to air travel.)

TO STIMULATE CREATIVITY

For this ritual you'll need a flute or air instrument of some kind. Panpipes, a harmonica, pennywhistle, even a trumpet are all fine, but an instrument made of wood or bamboo is best.

If you've never used such an instrument before, get to know it prior to using it in magic. Be certain that you can make it create the desired sounds. Then, do the following:

Light a yellow candle. Hold the flute before it while saying these or similar words:

Music magic
Come to me;
Music magic
Let me see.
Music wakes the
Muse in me;
Music magic
Come to me.
Music magic
Opens me
To the music
Mystery.
Mystic mind
Awakened be.
Music magic
Sets me free.

Visualize yourself writing that letter, composing that speech, finishing that painting, weaving that rug, or beginning to work on that book that you've been meaning to write for some time.

Now play the instrument for a few seconds. You don't have to play a song; simply let the flute bring forth it's energy through its music. Once you've accomplished this, set down the instrument and, within sight of it, do your creative work.

If your conscious mind once again blocks you, play the flute for a few seconds and go back to your work. When you're finished for the moment, snuff out the candle flame and put the taper and instrument in a special place until the next time that you need them.

PROTECTION CHIMES

Windchimes are available in a wide variety of shapes, sizes, and designs. They're also ruled by the element of Air and can be used to guard your home against unwanted guests and negative energies.

Find, make, or buy a new set of windchimes. They should emit a definite sound. Before suspending them outside, charge them to do their task with the following (or a similar) ritual:

Place the windchimes on a flat surface in your place of magic. Gaze down at them, realizing that they're lifeless, still, unmoving.

Wave your projective hand over them while saying:

Wind chimes;
Spell rhymes;
Spell chimes;
Wind rhymes.
Air primes
Spell chimes;
Nine times
Nine.

Lift the windchimes by the string from which they will be hung. Hold them before your face. Blow against the dangling noise-makers, visualizing their tones scattering and driving away negativity.

Hang them up outside, with visualization, and let the windchimes do their work.

For the best results, repeat this simple charging spell every nine days.

TO STIMULATE THE MIND

There are moments when we need help in clearly thinking: when balancing a checkbook, computing taxes, engaging in lively conversation, thinking up excuses, and on other occasions. Here are some methods to stimulate the conscious mind. Choose one of them.

- Stand in the wind or in a breeze. Drink in the power of the element, allowing it to waken you from your mental sleep.
- Fan yourself with a hand-fan made of yellow paper. Let the moving air nudge you into total mental awareness.
- Visualize a glowing, yellow, light breezing down from above you. Feel it entering your brain and stimulating your mind. Feel it expanding, awakening you from your mental sleep. Feel its warm, stimulating energy preparing you for any tasks.
- Look at a partially cloudy sky. Connect each cloud with a line of thought. Visualize these lines crisscrossing each other, forming complex patterns and inter-relationships. Retain the visualization for as long as is possible, or until you're urged to go back to work.
- Look at a cloudless sky. Gaze up into it, away from the horizon and sun, to where nothing obscures the blue splendor. Drink in the sky.
- Listen to pre-recorded flute music.
- Sit or stand before an electric fan. Let the moving air vitalize your mind.

A GENERAL AIR SPELL

This rite can be used for any positive purpose. To perform this spell, you'll need a large, pliable leaf and a pen.

Go to a high place (atop a mountain, perhaps) or wait until the wind is blowing. Then, visualizing your need, draw the symbol that represents your need onto the leaf (see Appendix One or create your own symbol).

Still strongly visualizing, toss the leaf into the wind. If the breeze catches it and flings it from you, the power has gone forth and it is done. If the breeze doesn't transport the leaf, draw the same symbol on another leaf and try it again.

8
Fire Power

Humans have always revered fire. We don't worship fire today, as our ancestors did in the distant past, but there's still something about the physical manifestaton of this element that attracts our attention. A cozy blaze in a fireplace on a cold day comforts us. A gentle campfire heats water and cooks food. A burning building or a forest fire sends the media out in droves to capture the most harrowing of moments on film and video tape.

The electric light bulb has replaced kerosene lamps in many parts of the world, but it hasn't been too long since we were dependent upon fire for light as well as for warmth and cooking. Even today we light candles for romantic dinners, for prayer requests, and for magical purposes. We haven't forgotten the power of Fire.

Fire was originally stolen from the sky. Lightning-struck trees were the main source. Later, humans discovered the art of creating this precious energy through friction, utilizing two pieces of wood. Fires were also created through the use of flint and tinder.

Fire has always been a mixed blessing. It helps as well as harms. Fire has been used for medical treatment

and as a weapon. Today, if we think of fire at all, it's usually in association with past times, or with devastating blazes. And yet...it's still with us. We may have new forms of technology that create it, such as gas fireplaces and wooden matches, but we haven't lost our mystical attitude toward fire.

Fire is a destructive and creative element. It's destructive qualities are well-known to all who read these words (for who hasn't seen something go up in flames?). Its creative nature may be hidden within its flames, but it's there: from the ashes of the old rises the new. The phoenix is a timeless example of this.

Fire rituals are best performed with care. Pets may wish to become involved and, in their curiosity, knock over flaming pots or scatter burning twigs. Common sense safety rules are essential when working with this element. Uncontrolled, fire is a dangerous element. Controlled, it can be a helpful tool for changing our lives.

One final note: fire rituals may activate smoke detectors. It's best to perform them near open windows, away from these life-saving devices. Just after having a smoke detector installed, I burned a chain letter that I'd received in the mail. As soon as I'd lit it and thrown the flaming paper into my cauldron, the smoke alarm went off. It's best to avoid such situations.

THE POT OF FLAME
(a rite of banishment)

To be rid of something that troubles you: find a small cast-iron or copper pot. Its opening shouldn't be more than three inches in diameter. This pot must be metal and stand on legs. You'll also need rum, Everclear, or some other ignitable spirit. If nothing else is available, rubbing

alcohol will do.

At night, place the pot on a heat-proof surface. Pour 1/8 cup alcohol into the pot. Hold your projective hand over its opening. Visualize and push your problem into the pot. Push out its causes and the energy that you've been feeding it.

Standing far clear of the pot, strike a match. (Lighters are too dangerous for this ritual.) Toss the flaming match into the pot. The liquid should immediately ignite. If not, try another match.

Once the pot's contents have been lit, turn off the lights. Watch the flames, saying these or similar words:

Blazing force of cleansing fire,
Dancing flames of light;
Hearken, for my need is dire;
Help me in this rite.
Pot of flame, O fiery flower,
Glowing in my sight;
Cleanse me with your magic power:
Free me with your might.

Continue to repeat these words. Visualize yourself as completely freed of the problem until the fire dwindles and goes out. Put away the pot (you may need to use a pot holder to avoid burning your fingers) and use it for no other purpose but for spells of this type.

A SPELL OF PROTECTION

Sit or stand before any fire. Look into the flames (or flame, if using a candle). Visualize the fire bathing you with glowing, protective light. The fire creates a flaming, shimmering sphere around you. If you wish, say the following or similar words:

Craft the spell
In the fire;
Craft it well;
Weave it higher.
Weave it now
Of shining flame;
None shall come
To hurt or maim.
None shall pass
This fiery wall;
None shall pass
No, none at all.

Repeat this simple yet effective ritual every day when in need.

FIERY LOVE

Create or find a charred stick. That is, a stick of wood, one end of which has been burned until it's been reduced to charcoal. You'll also need a few dried rose petals and a piece of paper.

Using the charred part of the stick as you would a pencil, draw two interlinked hearts on the paper as you visualize yourself enjoying a satisfying relationship. Draw with power.

Hold the rose petals in your projective hand and send fiery, loving energies into them. Sprinkle the petals over the linked hearts. Do this with power.

Wrap the paper around the petals. Still visualizing, throw the package into a fire. (Failing this, light it in the flame of a red candle and throw into a heat-proof container.) As it burns, the power is released.

HEALING FLAMES

Draw a picture of yourself with the disease, wound or condition. Clearly point out the problem in the picture: a large hammer against the head to represent a headache; black worms for a virus; a broken limb; a sore.

Charge a red candle with healing energy. Light the candle's flame. Hold the tip of the picture in the flame. After it's lit, drop it into a heat-proof container.

Now, with the red candle still burning, draw another picture of yourself without the headache, free of the virus or sore, or with a healed limb. Place this picture under the red candle and let it burn out. (Note: do this and all healing rites in conjunction with proper medical treatment.)

FIRING WITH THE SUN

When you need extra physical energy for any purpose, try this ritual. It must be performed on a clear day, for it uses the power of the sun.

Go outside. In red ink, if possible, draw this symbol on a piece of paper:

Place the picture in full sunlight, using small stones to keep it flat, if necessary. Allow the symbol to soak up the power of the sun for at least one hour.

Once it's been charged, pick up the paper with your receptive hand. As you pick it up, the sun's energies are transferred to you.

Feel the heat. Absorb the sun's radiant power. Feel its warm strength stimulating and energizing you. Crumple the paper and it is done.

A FIRE SCRYING CHANT

Scrying is the age-old technique of gazing into reflective objects (the ubiquitous crystal ball, pools of water and other tools) to awaken psychic awareness. Perhaps the oldest tool used in this way is fire.

I first learned fire scrying when I was 15. At that time, my family had a cabin in the mountains, where we'd spend weekends and summers. At night, our entertainment consisted of card games, an ancient short-wave radio, and the circular, free-standing fireplace. Granted, fires were lit for warmth and for roasting marshmallows, but I remember sitting before the blazing mouth of the fireplace for long periods of time, staring into the dancing flames and watching wood change from brown to bright-red to black.

Many nights, I shut out the sounds of cabin life and attuned with the fire. The spluttering, flaming veils did indeed promote psychic awareness.

When you wish to contact your psychic mind: sit before a fire, well out of range from flying sparks. Close your eyes for a moment or so. Relax. Still your consciousness. Then open your eyes.

Look directly into the flames. Don't strain your eyes; blink normally. Breathe deeply. When you're at peace, say these or smilar words in a whispered voice:

Blazing fire
As you dance,
Give me now the

Secret glance.
Call upon my
Second Sight;
Make me psychic
With your light.
Blazing fire
Shining bright,
Give me now the
Second Sight.

Repeat until your eyelids grow heavy. Divine the future within the fire's restless flames.

9
Water Power

We had just gone digging for stones in the desert. The temperature was nearly 112 degrees. Sweating and exhausted from climbing around the desolate mountain in full sunlight for several hours, we made our way back to the slice of shade that sheltered our parked car.

Once there, I grabbed the ice chest and poured ice-cold water directly onto my head. The intense shock of that frosty liquid running over my body was an incredible experience. At that place, crouched beside a boulder-strewn mountain at the edge of the desert, I was once again reminded of the wonders of water.

Water is everywhere around us. Our bodies and our planet's surface consist of approximately 70% of the liquid stuff. Our necessity for water, and our enjoyment of it, are well known. What isn't well known are the many magical uses of water.

Here are some of its ways.

TO INCREASE PSYCHIC AWARENESS

Go to a flat, slow-moving stream. Bury a coin at the

base of a nearby tree or bush and gently collect three leaves. Thank the plant for its sacrifice as you collect the leaves.

Next, hold the leaves between your palms. Visualize yourself as a psychic person, who can call upon the psychic mind at will. Imagine what it would be like to be psychic. Push your personal power into the leaves with your visualization.

Set one leaf afloat on top of the water. Say these or similar words:

Leaf afloat,
Leaf so green,
Help me see
What's unseen.

As the first leaf sails away, launch another, then the third, each time saying the same words.

As each leaf touches the water, it slowly dispels the energy that you've given to it. This energy mixes with the psychic-inducing power of the water to bring your need into manifestation.

A PEACE BATH

Draw a bath for yourself. (Directions for showers are given below.) Pour a tablespoon or so of milk into a large bowl of water. Say:

Water ripples on the breeze...

Add several rose petals (fresh or dried) to the bowl of water and milk. Say:

Thistledown flies through the air...

Stir the water, milk, and rose petals with the index finger of your right hand. Say:

Silent as the mighty seas...

Gently pour the mixture that you've created into the bath. Say:

Peaceful here without a care.

Step in. Bathe for as long as you wish. Let the water absorb negative thoughts and worries. Allow yourself a few moments of healing peace.

(For a shower, use a smaller bowl. Fill with very warm water. Follow the directions but, instead of pouring the mixture into the tub, pour it over your head. Say "peaceful here without a care" *before* doing this or you'll end up spluttering in an unpeaceful manner. Baths are far more effective than showers for this purpose.)

A WATER SPELL OF PROTECTION

Unless we live in a major metropolis, we don't often truly need magical protection. Still, there may come a time in which it's necessary. This dramatic ritual arouses protective energies within its maker.

For this ritual you'll need four black (yes, *black*) taper candles, a bowl of water, salt, and a paper bag. If you can't find black candles, use white. (Black candles can be hard to find, but most of the mail-order suppliers listed in Appendix Two carry them.)

Now, to the ritual itself. Place the bowl of water, a small vessel of salt (you'll need no more than four pinches of it) and the four black candles on your place of magic. Have also there some matches (boxed matches are best)

and a paper bag.

Sit or stand before the assembled items. Close your eyes and visualize a fortress of protection surrounding you. If you feel the need to see a magical being or creature defending you, fine. Or you may wish to imagine yourself with a flaming sword, fighting off all attackers. Raging Amazons may endlessly circle and protect you. The possibilities are endless, but your visualization should be clear and concise. *See* that you're protected. *Know* that you're protected.

Light a match. Light one black candle. Hold the candle close to you and say:

You are nothing!

Move it farther away and say:

You are fading!

Move it still farther, at arm's reach, and say:

You are banished!

Push the lit end of the candle into the water. Watch its flame sputter and go out. Know that the water also extinguishes all energy that is meant to harm you.

Break the spent candle between your hands (or use a hammer) and place it into the paper bag. Add a pinch of salt to the water to purify it.

Repeat the entire spell three more times, once with each candle: saying the words; moving the candle farther from you; plunging the lit end into the water; breaking and disposing of the candle; adding the salt to the water.

When you've finished, say these or similar words:

Evil that rides the sky;
Chill winds that blow;
Darkened charms that arise
From far below:
Broken now, fading fast,
You will not thrive.
For with this spell I've cast
You can't survive!

Wash your hands. Remove the black candles (in the bag) from your property. Pour the briny water down the drain and wash the bowl well.

It is done.

(This spell is designed to transform negative energies into positive energy, not to hurt anyone.)

A WATER DIVINATION

Divination is the art of using tools to contact the psychic mind. This simple divination, using just a candle flame and a bowl of water, can be quite effective. For the best results, perform this act at night when alone.

Fill a large, non-metallic vessel with water. Place it in your magical space. If you wish, add a few drops of blue food coloring to the water.

Charge a blue candle between your hands, visualizing your psychic awareness unfolding, growing, expanding.

Place the candle in a holder. Light its wick. Move the candle close enough to the bowl so that it's flame is reflected in the water.

Gaze at the candle's reflection. Relax. Don't concentrate; diffuse your mind. Say these words over and over until they've taken effect:

Sparkle, shimmer,
Mind grows dimmer;
The Second Sight's
Now brought to Light.

You will know what you have to know.

THE WATER VOW

As we've seen, Water is the element of love. How natural, then, that it should be a major part of an informal "marriage." This age-old rite is known as a Water Vow. Those in tune with the elements may wish to perform such a ritual.

Anciently, these Water Vows were thought to make the pair indivisible, as binding as a wedding. Today, we see them as methods of increasing love. Thus, the Water Vow is both a ritual union and a ritual of love.

It can be performed by new couples, or as a reaffirmation of earlier vows. In any case, the persons involved should attune with the element of Water (by any effective method) and then begin.

This is the way: find a narrow stream or spring. Stand on one side; your loved one on the other side. Clasp hands over the water. Say together:

Flowing water, witness this act:
Our hands are bound; we make this pact.

Best of fortune to you both!

Part III

NATURAL MAGIC

10
Stone Magic

If you've ever seen buildings faced with gleaming marble, stepped on granite tiles, wondered at an exquisite diamond, or felt a pebble in your shoe, you're aware of the power and majesty of stones.

We gaze at blocks of stone that have been transformed into intricate statues. We think of the Sphinx, carved from solid rock, and of the primeval majesty of Stonehenge. But all stones possess an inner energy waiting to be used.

Stones are the bones of the Earth. Some, such as emeralds, rubies and sapphires, have great value. Others are carelessly tossed aside. From a magical viewpoint, every stone is a valuable manifestation of the element of Earth. This chapter is a short look at some of the ways that we can use simple stones as tools of magic.

To obtain the best results, use stones that have been worn into smooth pebbles by rivers, streams, or the ocean. If you can't find any in the wild, check craft and floral supply shops, or even pet stores (they're sold to be placed in aquariums).

Semi-precious stones (such as amethyst, rose quartz,

aquamarine, etc.) aren't necessary for these rituals, but may be used if they feel right. The actual power used in these rituals lies not in the *type* of stones, but the fact that they *are* stones, from their birth within the Earth to their dense structures.

THE STONE JAR
(a home protection charm)

(This is an expanded version of the "Pot of Stones" rite which appeared in Chapter Nine of *Earth Power*.)

Gather several small stones of various colors. If possible, choose some stones from the beach, some from rivers, some from deserts, and some from mountains. This isn't necessary, of course, so use what you can find.

Obtain an earthenware jar, a crock, or some other clay pot. You'll need enough stones to fill it. Hold one of the stones in your projective hand. Visualize the stone emitting protective energies.

As you visualize, say these or similar words:

Stone from the mountain,
Stone from the well;
Stone from the desert,
Charge now my spell!

Place the stone into the pot, saying these or similar words:

Into the pot I place this stone
To guard my hearth, my house, my home.

Repeat the entire procedure with each stone. This will take some time, depending on the size of the jar that

you've chosen.

When the jar is full, place it (uncovered) somewhere in your home, while saying:

Pot of stones,
Guard this place;
Send all ill
Far apace!
Send it back
'Neath the ground;
Bury it;
It is bound!

That's it.

THE MONEY ROCK

Find a stone that's nearly square in shape. Charge a green candle with money-attracting energies, place in a holder and light its wick. Now, by the glow of the candle, paint or draw a money symbol (see Appendix One) onto the stone.

As you paint or draw, visualize the stone drawing money into your life. See yourself paying bills; buying a car—see yourself as already enjoying the money that you need.

Let the stone sit in the light from the green candle for seven minutes. Snuff out the candle's flame. Let the candle burn for seven minutes a day until money appears.

THE ROCK SAFE

In your place of magic, make a list of your hopes, desires and wishes for the future. These should be long-term

goals, not "a new CD player" or "a new job." Be as specific as you can be about these goals. When you've finished the list, do something else for at least an hour to distract your mind. Then return to your list with a fresh viewpoint.

How many of these things are *really* important to you? Decide, and cross off all but three of your goals. These should be the most important, and the most permanent. (Your goals might include "Happy Marriage," "A new car," "Children," "A Fulfilling Job," "Reconciliation" and similar wishes.)

Now, re-copy these goals onto a fresh sheet of paper. Use as small a piece of paper as you can.

Once this is finished, take the paper to a place where rocks are strewn around the countryside. (This can also be in your backyard or in a nearby park.) Find a rock small enough to move, but large enough to hide the paper.

Squat or sit on the ground beside the rock (check for snakes first). Holding the paper in your projective hand, place it on top of the rock, feeling it's solidity and quiet energies through the paper. Say these or similar words:

In this rock
I now lock
These wishes and these dreams.

Lift one edge of the rock and slip the paper beneath it. Leave it there for the Earth to manifest your goals.

A STONE BANISHING RITUAL
(to be free from a habit)

Create a symbol of the habit to be banished. A drop (like a teardrop) may be suitable if you wish to stop wallowing in grief. A padlock for inertia and self-restriction.

A knife for excessive anger. An unbalanced scale for love-obsession. For physical and emotional addictions, the symbols are clear—a bottle for alcohol, a cigarette, a pill, food.

Practice drawing this symbol on a plain piece of paper. It should be as simple as possible (an outline is best) and yet fully convey that which it symbolizes. Experiment. Practice until you've perfected making the symbol.

Gather at least fifty small, smooth stones. These may be river rocks or tumbled semi-precious stones. These stones should be just about the same size, and no larger than 1/4 to 1/2 inch in diameter.

In a quiet moment when you're alone, sit outside on the bare Earth (or, if necessary, in the middle of the floor). Have the stones with you. As you sit, visualize the negative habit as being forever banished from your life. Visualize yourself free from it as well as any longing or cravings for it. Make this picture firm in your mind.

Divide the stones in half. With one half, form the symbol of the habit on the ground. Lay the stones end to end to build up the image (you're making an outline of the symbol that you've chosen.

When the image is completed, stare down at the picture. Build personal power within yourself. Stare harder and harder at the symbol. Continue to visualize yourself as free of the destructive habit.

Take up a handful of the extra stones. Say to the symbol:

I let you take control of me.
I let you take control of me.
I let you take control of me.

Now, as the power's bursting within you, transfer it to the stones in your hand. Say:

Banished, banished, banished be!

As you say "be," fling the stones onto the symbol, obliterating it, smashing it into nonexistence.

Sparks may fly. The energy-infused stones will strike the symbol (and therefore, the energy that you've given to your habit) with all the force of your magic. The positive energy you send will overcome the negative energy of the habit. The banishing has begun.

Afterward, rest for a while. Gather the stones. (If you lose a few, don't worry about it.) Repeat this every day for a week. As you will, so shall it be.

IN THE POCKET

This is an easy ritual, one that can be quite helpful when you have a number of things that you absolutely must remember to do one day. Select one small, smooth stone for each event, phone call or trip. Place the stones in your pocket or purse. As you place them, mentally run over your list and visualize yourself doing them. As you remember to do each thing, toss out one stone. By the end of the day you should have an empty pocket.

11
Magnet Magic

No one can say when it first began. Perhaps some early human, rummaging through rocks for a magical charm, found one that attracted bits of dark-colored sand. She or he probably picked it up and used it as a magical charm, for it obviously contained unusual properties.

These natural magnets (also termed "lodestone," "siderite," and "magnetite"), were known to the Greeks (Plato wrote of it) and the Romans (Pliny). They, too, saw them as objects possessed of a magical power: in ancient Rome, lodestones were thought to be effective in disrupting lawsuits. Some force existed within lodestones, but no one knew what it was.

Even as late as the 1500's, lodestones were still largely regarded as magical objects. In 1580, one writer actually performed experiments to discover whether lodestones rubbed with garlic would no longer attract iron. (He found this claim to be false.)

These natural magnets are still being used in magic. Sales of lodestones are brisk throughout the United States, especially in the South. These naturally occuring magnets are a popular magical tool. They're sometimes painted

and are worn, carried or otherwise magically used to attract money, love and other changes. And many people, even today, believe that wearing a magnet will "draw" out the pain of rheumatism.

Magnetism has exerted a powerful force over humans since its unique properties were discovered. We're still intrigued at the way magnets interact with each other, at how they demonstrate energies that attract and repell. Artificial magnets, so much a part of our lives, would once have been considered to be the work of sorcery. Today, strips of magnetized metal attached to rubber or plastic have changed our world and have been used to produce countless millions of refrigerator magnets. Flexible magnets are now here.

This chapter explores some of the ways that magnets can be used in folk magic. As in all types of magic, it's unwise to expect the magnets to do all the work. The symbolism of attraction is obvious, but you must visualize and use personal power during your rituals.

Although painted lodestones are available (red for love; green for money; white for protection), the plain, unpainted lodestones are the best tools for natural magic. (Nearly all the sources in Appendix Two offer lodestones.) If you can't find lodestones, artificially created magnets can also be used. Two rituals included here specifically utilize horseshoe shaped magnets. Though nature never created a lodestone in this shape, it's a traditional magical tool.

Lodestones can be used for more than one ritual (unlike candles or herbs, which are quickly consumed). However, it's best to cleanse them between rituals. The method is simple: place the lodestone in a dish of freshly dug soil or water. Let it sit there over night. The next morning, wipe off the dirt or water. The lodestone is ready to be used once again.

One other point—keep very strong magnets away from electronic equipment, and never put them near video cassette tapes unless you want to erase them.

That said, on with the rituals.

TO KEEP ILL FROM YOUR PROPERTY

Hold four small, quarter-sized lodestones in your projective hand. Beginning at the front door, move through the entire house in a clockwise motion; visualizing it free of negative energy, of danger and unwanted, harmful visitors. Visualize the lodestones absorbing these ill things.

You can say words such as these if you wish:

Potent stone that draws at will,
Take away the bane and ill.

Chant this repeatedly as you walk through the house visualizing. When you've made a complete circuit, after you've visited every room, go outside and bury the lodestones. (In an apartment, bury in an old flowerpot filled with earth. Place this on a porch or balcony.) As you bury them, visualize the magical magnets continuing to attract all those disturbances that you'd rather not invite into your home.

The buried lodestones should remain close to the house but not within it.

TO CAST AWAY FEAR

When you are in fear, when you are afraid of someone or are anxious about an upcoming event (such as public speaking), take a lodestone to a river, lake, or pond.

Hold the stone in your projective hand. Pour your fear and anxiety into the stone. Feel the magnet absorbing it like a sponge, freeing you from the agony.

When the lodestone vibrates with the energy that you've sent into it, throw it into the water. As you throw, release all the energy that you've been feeding to your fear with the lodestone. You'll feel much better. Repeat as necessary.

TO BRING FORTUNE INTO YOUR HOME

Some might think of fortune as "luck," but luck is a vague word which, of course, contains both good as well as bad qualities. I prefer the more positive word "fortune." Hold a horseshoe magnet in your projective hand. Visualize its magnetic force drawing positive energies to your home. If you wish, see horses surging toward your home, bringing good energies to you.

When the magnet has been fully charged (after a few minutes of visualization), hang it above the front door, points up. Or, place it on the door itself. (Theories vary over the correct way to hang both horseshoe magnets and horseshoes. I prefer the points up method. If you'd rather hang it points downward, be my guest.)

TO HELP HEAL

Lodestones can be of some help in relieving minor aches and pains. For serious problems, see your doctor.

Many rituals have been designed to utilize the "healing" qualities of magnets. Naturally, the magnets cannot and will not heal you. Even doctors, with all their sophisticated equipment, surgical procedures, and drugs, can only help the body to heal itself.

However, magnets can be a part of healing rituals. They can be used to draw out the (non-physical) root causes of disease. Here are some examples:

For backache, charge a horseshoe magnet with personal power, while visualizing yourself free of the pain. Place it under the mattress. Sleep on this for at least a month (and check to make sure that your mattress is firm).

To be rid of pain, stroke or lightly move the magnet over the painful area, visualizing the magnet absorbing the pain. Try this with headaches.

For general healing, charge five lodestones and one blue candle with healing energy. Place the candle into a holder and light it. Place the five lodestones in a circle around the candle. Burn for at least fifteen minutes a day as needed. (This ritual utilizes the lodestones as magical batteries to send out healing energy, not to absorb pain or illness.)

TO ATTRACT A LOVE

Charge a small lodestone with visualization. See yourself in a happy, emotionally healthy relationship (not with a specific person, of course). As you're holding the stone, say these or similar words:

Stone which draws from
Below and above,
Draw now to me
My one true love.

If you wish, wrap the lodestone in pink cloth. Wear or carry the charm until this has happened.

FOR MONEY

Have a crisp, newly-printed one dollar bill; one small lodestone, and green thread or yarn. Wrap the dollar bill around the lodestone; tie it tightly with the thread or yarn. Hold the package in your hand and say these or some other similar words:

Stone of metal, stone of power,
I enjoy prosperity;
Bring me money from this hour:
As my will, so must it be!

Wear or carry the charm with you. If you have a business, hang it over the front door or place in the cash register. Or, place it on top of a business card. Periodically, visualize its energy bringing you extra cash, and see yourself spending it wisely.

A MAGNETIC BATH

This ritual utilizes the energies of the lodestone in a unique way. In magic, magnetism is associated with the Element of Water, so this spell is an ideal method of mixing the two sources of energy.

Fill a tub with water as for a normal bath. Before stepping in, hold a lodestone between your hands, charging it with your specific need (healing, love, protection, psychic awareness, and so on). When the stone is fully charged, place it into the water. Climb in and soak in the lodestone-enhanced energies of your magnetic bath.

12
Candle Magic

It stands there in cold silence. A hand clasps it. Human energy flows into its mute form, lending it power. A magic spark blossoms and forms a dancing flame. Fire meets Earth, producing Water and Air. Wax melts. The power is sent forth.

Every year, millions of candles are used for a variety of purposes. They shine from restaurant tables, flicker on altars devoted to "conventional" religious paths, light the homeless in secret rooms of abandoned buildings, provide a fiery glow to birthday cakes, and are urgently lit during electrical power outages.

Candles are also used for magical purposes. The reasons for this are clear:

- Candles are available in a wide range of colors, and colors are directly related to specific magical energies.
- Candles absorb personal power.
- When burned, candles release this energy over a period of time.

Indeed, the changes that occur when fire is touched

to wick are extraordinary. The candle itself, unlit, represents the element of Earth. When touched with Fire, the candle melts, producing liquid wax (representative of the element of Water) and smoke (the element of Air). This seemingly miraculous process is another reason why candles are an accepted part of folk magic.

How popular is candle magic? It's difficult to say, but this is probably the most common folk magic practice today. In the United States alone, tens of thousands of candles are probably burned every day for magical purposes.

I haven't written at length about candle magic in my previous books because so many guides to the practice exist. However, in view of the popularity of candle magic, I've decided to include a chapter on this subject in this book, with a few of my own unique rituals.

THE CANDLES

Ideally, the candles will be of solid beeswax, colored with natural dyes and hand-dipped by the magical worker. In reality, candles are often made of paraffin, are artificially colored and mass-produced by factories.

Beeswax candles are available in many colors, and I've found that they produce the best results, but any candle will work. It doesn't have to be expensive or handmade, for candles are simply vehicles for the magician's personal power and the energy of the element of Fire.

Magicians usually select a candle for use in ritual by its color, matching its hue to the type of ritual they'll be doing.

Once again, this isn't strictly necessary, for the color merely assists the spell-maker to accurately program personal power. If you perform candle magic, try to use the appropriate colored candle. If you can't find it or don't have it, white candles can be used for every positive magi-

cal purpose.

This is my latest table of candle colors and their magical purposes. I've included it for assistance when creating your own rituals (Chapter Nineteen is an in-depth look at this fine art). Naturally, this list is a product of my own research and experiences; other authors give different meanings to the colors.

Red: Maintaining health; bodily strength; physical energy; sex; passion; courage; protection, and defensive magic. This is the color of the element of Fire. Throughout the world, red is associated with life and death, for this is the color of blood spilled in both childbirth and injury.

Pink: Love; friendship; compassion; relaxation. Pink candles can be burned during rituals designed to improve self-love. They're ideal for weddings and for all forms of emotional union.

Orange: Attraction; energy. Burn to attract specific influences or objects.

Yellow: Intellect; confidence; divination; communication; eloquence; travel; movement. Yellow is the color of the element of Air. Burn yellow candles during rituals designed to heighten your visualization abilities. Before studying for any purpose, program a yellow candle to stimulate your conscious mind. Light the candle and let it burn while you study.

Green: Money; prosperity; employment; fertility; healing; growth. Green is the color of the element of Earth. It's also the color of the fertility of the Earth, for it echos the tint of chlorophyll. Burn when looking for a job or seeking a needed raise.

Blue: Healing; peace; psychism; patience; happiness. Blue is the color of the element of Water. This is also the realm of the ocean and of all water, of sleep and of twilight. If you have trouble sleeping, charge a small blue candle with a visualization of yourself sleeping through the night. Burn for a few moments before you get into bed, then extinguish its flame. Blue candles can also be charged and burned to awaken the psychic mind.

Purple: Power; healing severe diseases; spirituality; meditation; religion. Purple candles can be burned to enhance all spiritual activities, to increase your magical power, and as a part of intense healing rituals, in combination with blue candles.

White: Protection; purification; all purposes. White contains all colors. It's linked with the Moon. White candles are specifically burned during purification and protection rituals. If you're to keep but one candle on hand for magical purposes, choose a white one. Before use, charge it with personal power and it'll work for all positive purposes.

Black: Banishing negativity; absorbing negativity. Black is the absence of color. In magic, it's also representative of outer space. Despite what you may have heard, black candles are burned for positive purposes, such as casting out baneful energies or to absorb illnesses and nasty habits.

Brown: Burned for spells involving animals, usually in combination with other colors. A brown candle and a red candle for animal protection; brown and blue for healing, and so on.

Candles are, of course, charged with personal power before burning. Store them flat in a cool place.

As to the forms of the candles, all kinds are appropriate in magic: pillar, votive, taper as well as the "seven-day" candles which come poured in a tall glass jar.

Most magicians I know light candles with matches, not with lighters, realizing that using a plastic object to begin a magical ceremony negates some of its charm.

CANDLE HOLDERS

Any style may be used, but have several of the same design, since spells often require more than one candle. Naturally, don't use wooden candle holders as they can go up in flames.

EXTINGUISHING CANDLES

It's certainly permissible to extinguish candles before they've fully burned down. In fact, it's unwise to leave candles burning unattended for great lengths of time. This is what I do when I have to put out candles (which will be re-lit at a later time): I wet the thumb and index finger of my right hand with saliva and quickly pinch out the flame at the base of the wick, saying something like this:

Though your flame is quenched in the physical,
You still shine in the astral.

Many readers have asked me why I don't simply blow out candles. My reasons for this are simple: I don't like to do this. I see it as an insult to the element of Fire. More importantly, blowing out the flame may disperse

some of the energy that you've put into the candle. Pinching out its flame (or snuffing it out) locks the energy within the candle.

Here are some safe methods of leaving candles burning in your absence (while preventing the possibility of accidental fires):

- Place the candle and its holder in a large metal pot (such as a cauldron).
- Burn the candle in the bathtub. (Many, many natural magicians do this.)
- Burn seven-day candles (which are housed in glass jars).
- Burn candles in an indoor fireplace.

Generally speaking, candles shouldn't be burned during outdoor rituals, and never in a forest.

ONE SPELL ON A CANDLE

It's best to use each candle for only one magical ritual. Say you've been burning a blue candle to promote peace. When that spell's done, you've still got half a candle left. Should you re-charge the taper and burn it to, say, promote psychic awareness?

Nope. One spell to a candle, please. I usually let the candles burn out anyway, so I don't have stubs lying around.

AN ALL-PURPOSE CANDLE SPELL

This is a quick, uncomplicated ritual designed to be used for all positive purposes. You'll need one candle of the appropriate color (see list in this chapter), one holder

(unless it's a seven-day candle), and matches.

When you're ready to begin, hold the candle between the palms of your hands.

Breathe deeply. Visualize your goal.

Push personal, programmed power into the candle between your hands.

Feel the energy streaming into it.

Say appropriate words if you wish (create your own chant according to the instructions in Chapter Nineteen), simply stating what you need to occur.

Place the candle in its holder.

Strike a match above the candle and draw down the flame toward the candle. Light the wick.

Put the still-flaming match into a heat-proof container (or extinguish its flame with a quick flip of the wrist).

Hold your hands around the candle's flame. Feel the energy. Visualize strongly.

Leave the area. Let the candle do its work.

That said, here are some of my favorite candle rituals. These are suggestions, but can be used to great effect. Feel free to write your own spells.

HEALING FIRE

You'll need:

Three purple and three blue candles (or six blue).

Six identical holders for the candles.

A photograph of yourself.

Place the photograph of yourself in the center of your working space. Place the holders in a circle around the picture.

Charge each candle individually by using the procedure outlined above, holding it between your hands, and

by saying:

Burn the sickness
In your flame;
Burn the sickness
That would maim;
Burn the illness
By your might;
Burn the illness
In your light;
Heal me of
Illness-pain;
Heal me of
All that's bane;
Heal me and
Set me free;
With my will so
Must it be!

Or, say something like the following while charging the candles:

I charge you by the powers of the East,
South, West and North;
I charge you by the powers of the Earth,
Air, Fire and Water;
I charge you by the powers of the Sun,
Moon, and Stars:
To heal me of this disease, its causes and
its manifestations!
So mote it be!

(Use whatever set of words seem to be the strongest for you. Either of these chants will work well.)

Set the candle into its holder. Charge the remaining

candles individually and place them in their holders. If you use both purple and blue candles, alternate the colors so that no two are beside each other.

Leave the room. Let the candles flame for at least fifteen minutes.

KNOT A CANDLE

This is an all-purpose transformative spell, used to create any change within yourself such as courage, health, money, protection, purification, spirituality. On the full moon (or at any time), have a four to five inch tall taper candle of the color suitable to your need. Votives, very thick candles and seven-day candles should not be used for this spell. Also have a candle holder, one foot of cotton thread or cotton string (of the same color as the candle or simply white) and a heat-proof surface upon which to work (such as a large metal platter). Hold the candle between your palms. Visualize the new you: transformed and fully enjoying the change that you're about to ensure. Say a short chant or simple words describing your change.

Push power into the candle as you charge it.

Set the candle into the holder. Pick up the thread or string. Grasp its ends with both hands. Pulling it taut, intensify your visualization, pouring the energy into the thread.

Wrap the thread around the middle of the candle. Tie the string tightly around the taper (the ends will loosely fall down) As you make the first knot, say:

The knot is bound;
The change is found.

Tie a second knot, saying these same words. Repeat with a third knot and the same words.

Light the candle. Let it burn down until its flame engulfs the knotted string. Repeat with a new candle every day for two weeks or until the change has manifested.

(Because the candle's flame will ignite the string, the candle must be burned on a fireproof surface!)

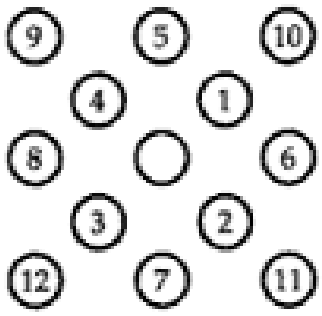
THE CANDLE PUZZLE

(a rite of protection)

You'll need thirteen small white votive candles, identical in size, shape and color; thirteen clear votive holders, and sandalwood oil (see below).

On the night of the New Moon, the time of greatest darkness, choose one candle to represent yourself. Hold it between your hands, charging it with protective energy. Touch the candle to your forehead. Press the candle against your belly. Touch the candle to one of your feet. Rub the votive with sandalwood oil. Place the candle in its holder and set it in the middle of your working area.

Place the other candles into their holders without charging them. Place the candles according to the illustration, in the order numbered.



Light your candle. Then quickly light the rest of the candles in any order. Hold your hands above them, visualizing yourself surrounded by a pliable, all-encompassing mirror that reflects and protects. Say these or similar words:

Who am I?
Where am I?
Which of these is me?
Puzzled be; puzzled be;
You cannot harm me!

Wet the tips of your thumb and index finger of your *receptive* hand. In a certain, sure motion, showing no fear or clumsiness, pinch out the center candle's flame, pick it up and put it into a dark box, a little-used closet, or into another room.

Return to your working space. Stare into the candles' flames. Renew your visualization of protection and leave the area. Allow the other candles to burn for fifteen minutes before snuffing them out.

Repeat as needed.

(If sandalwood oil isn't available, make your own protection oil by combining 1/8 cup safflower or jojoba oil with one tablespoon dried basil; one teaspoon dried sage, one teaspoon cinnamon and one bay leaf.

Gently heat the oil until the herbs release their fragrance. Cool, strain through a coffee filter, bottle, label and use as needed.)

TO BRING LOVE

If you wish to share your love with another person, obtain one pink votive candle; one votive candle holder; one three-inch square piece of paper; one cinnamon stick;

a small heat-proof container; a trivet or tile upon which to set the container; pink thread; matches. Visualize yourself enjoying a mutually satisfying relationship. Place the paper on the tile or trivet. Press your projective hand's palm against it, saying these words:

Love from above
Love from below
Love from within
Brings me love's glow.

Now charge the candle between your hands using the same words and the same visualization.

Place the candle in its holder. Place both on the piece of paper.

Light the candle's wick. As the flame glows and rises, gently push one end of the cinnamon stick into the flame. It will ignite and burn.

Let it burn there for at least thirteen seconds. Then remove from the flame and place it, off the paper, onto the trivet or tile. The flame will be extinguished, but the cinnamon should smoulder for some time.

When the cinnamon stick has stopped glowing, pull out the paper that rested beneath the candle holder. Place this on a flat surface and, repeating the above chant yet again, draw a very small heart in the center of the paper using the charred end of the cinnamon stick. Then draw another, larger heart around it, then still another.

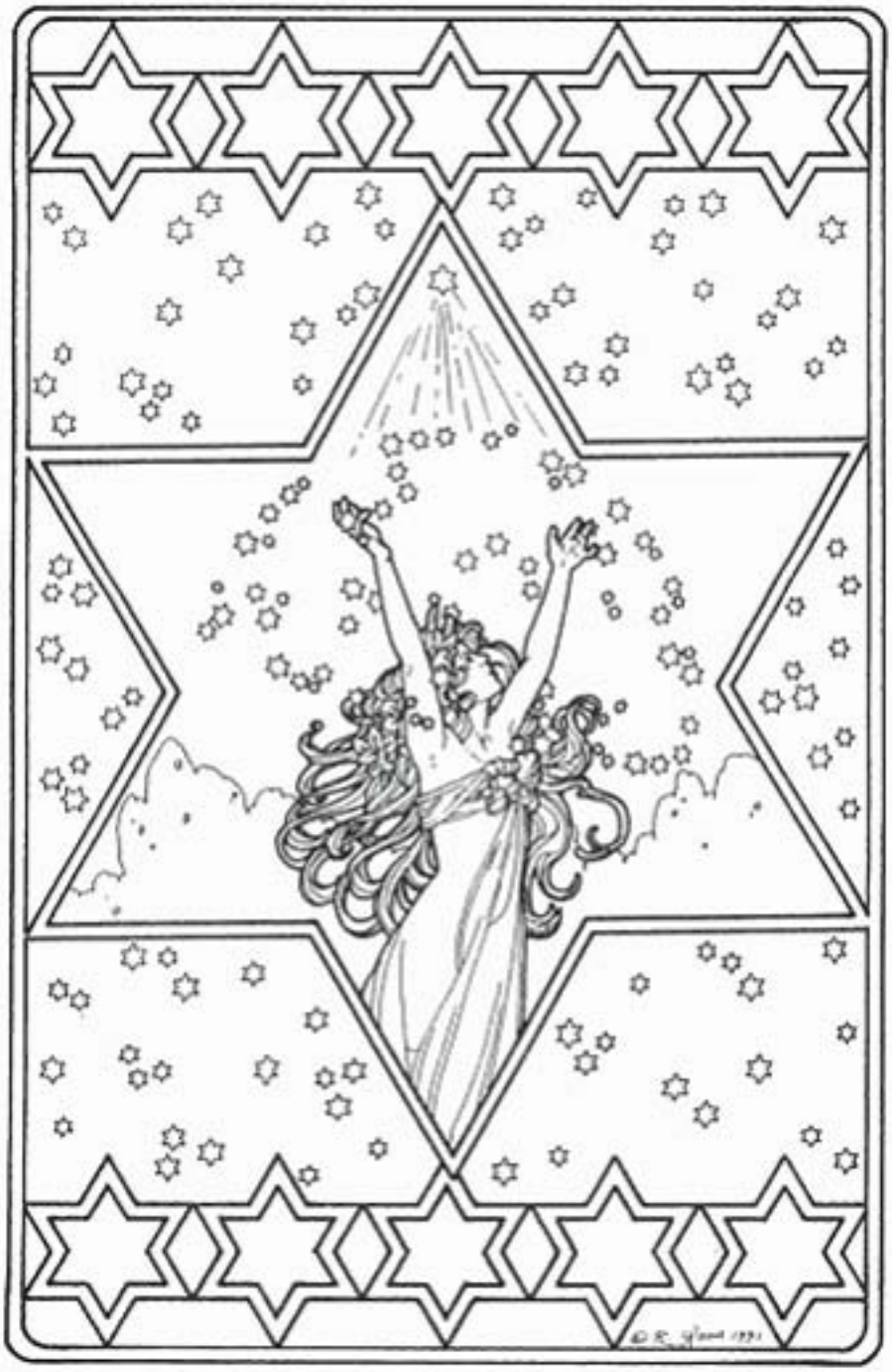
When you've finished, place the cinnamon stick in the middle of the paper, wrap it around the stick, tie together with pink thread and leave before the burning candle until it has quenched itself. Afterward, carry the charm as a love-attractant.

A CANDLE WISH SPELL

Although most spells should be used only for needs, this is one rite designed for wishing. It should be done on your birthday.

Early in the morning on your birthday, find a symbol that represents your wish (see Appendix One) or reduce your wish to just two or three words. With an ice pick or the point of a sharp knife, carve the symbol or words onto a candle of the appropriate color. As you carve, infuse the candle with personal power. Visualize.

Place the candle in a holder and burn until its flame is extinguished.



13
Star Magic

Star light, star bright
First star I've seen tonight
Wish I may, wish I might
Have this wish I wish tonight.

We were at an elevation of nearly 5,000 feet in the Laguna Mountains. Though it was well after midnight, I was too excited to sleep. Instead, I peered into the skies past ancient stands of pine trees. Somewhere up there, I thought. But where?

Finally, I knew. Don't ask me how, but I did. There was a star up there, but it was different than the others. I could almost see a tail streaming from it.

"Hey!" I said to my yawning companions. "That's it."

"That's what?" they said in exhausted unison.

"Right there! I've spotted it. That's got to be Halley's Comet!"

I seem to remember them groaning. After all, we'd been up to Mount Laguna Observatory in these same

mountains in the winter of 1985, but the telescope had been inexplicably closed that evening. Unable to find the comet, we'd left and waited until the it had "returned" again in the spring.

Now here I was, months later, thinking I'd spotted Halley's Comet. As it turned out, I had.

That faint, cone-shaped smear of light stood out in the sea of stars around it. There was something special, something magical about the flaming sun. Seeing it brought back memories of my earlier star-watching activities in these same mountains, and of the magic that these mysterious points of light can provide.

(The rhyme that I used to begin this chapter is known throughout the English-speaking world. After learning it as a child, I always made my wish every evening as I saw the first star.)

Far from the cities, where artificial light doesn't obscure the sky, the views of the stars above become clear and sharp. In the desert, atop mountains, or in the center of a lonely plain, we can gaze up at the eerily beautiful display that occurs every night. It was in similar places that our ancestors studied the star-flecked sky.

On a moonless, clear night, the sky virtually explodes with a multitude of stars. Twinkling, bright, or faint, they sit there, strewn like diamonds onto black velvet. Enigmatic, small and astonishingly far away, they brighten our lives as we sleep.

For too long, we've kept our eyes on the ground, on the street or on the television set. Our "stars" are now humans commanding millions of dollars per appearance. Even our space program, which enjoyed tremendous popularity in the 1960's, draws less and less attention.

This chapter isn't a discussion of astrology, nor of astronomy, its antecedent. It's a collection of curious bits of lore, rituals, meditations, and magic linked with the

stars. Though some of these are quite old, passed down from earlier generations, many of them are my own creation.

HOW TO PROCEED

This type of Earth magic doesn't require many tools, but it does need clear nighttime skies. If you live in the city you may wish to take trips out to the countryside, the deserts or mountains. Such trips provide wonderful opportunities to engage in this timeless magic.

Let me make this simple: the farther you are from artificial light, the more stars you'll see. And the more stars you see, the more magic you can make with them. However, if you live in or near a city, you should still be able to see the brightest stars at night. Do your best.

If you do make a special journey just to view the stars, and the skies are filled with clouds, or a thick bank of fog rolls in, accept it and perform some other type of magic.

Star magic isn't a tangible thing. It's impossible for us to hold the sky in our hands (though we can, indeed, grasp small meteorites). However, we can use the stars and their energies to improve our lives.

KNOWING THE SKIES

When you look up at night, can you recognize any constellations? How about the Big Dipper, the Little Dipper, Cassiopeia, the Pleiades, or Orion? These are some of the ones that I always recognize. If so, continue to study the night sky, expanding the number of constellations that you can recognize.

If you know little about the constellations, get a book from the library and study it, then go outside at night. Try

to find at least one constellation that you can recognize. (Suggested books are listed in the Bibliography.)

Every time that you're outside at night, or even looking out a window, try to find that constellation. It won't be in the same place, of course, for the stars seem to revolve in a giant circle in the sky (the Earth is, of course, what's revolving). But still, look for and remember this one constellation. Consider it to be a signpost to outer space.

Many observatories, parks, and universities offer star walks and lectures regarding the constellations. Attending a few of these functions is an excellent introduction to the stars. Once you've begun your exploration into the night skies, move to the next step.

YOUR STAR OF POWER

It's time to choose one particular star. It doesn't have to be the brightest in the sky. You don't even have to know its name. You might choose a star at random. Better still, choose one that's situated near a constellation that you know. You must be able to find this star every time you need it (this limits your choice to the "highest" stars overhead. Those near the horizon disappear for months at a time).

Your Star of Power is just that—a physical (though immensely distant) vehicle of energy. Stars, after all, aren't planets; they're suns. Suns are manifestations of the life-force of the universe. This star is your key to tapping that power for magical use.

Choose your star carefully. Many use Polaris, the "North Star," simply because it's always visible in this hemisphere.

Don't choose a star that doesn't twinkle or blink; unblinking stars are actually planets. Venus is often mistaken for a star as it shines just above the horizon.

So, now you`ve got your star. What do you do with it? Begin with quietness. Sit comfortably outside. Dress warmly if necessary. Close your eyes, breathe deeply for a moment, and still your mind.

Tilt your face toward the sky. Open your eyes. Find your star. Now look at it. Simply look at it. You may have already noticed its color (some stars have faint bluish colors, others are reddish). Direct your attention towards the star. Dont think about it, attune with it.

Blink normally to avoid straining your eyes. If your mind wanders; if you begin to look away at other stars gently pull your attention back to your star of power. Keep it there for at least two or three minutes. As you look at your star, accept its energy. Simply open yourself to receiving its power. Feel it flowing into you - strong, pure, cool, and yet warm at the same time. Repeat this process for several nights Your star of power is the key to unlocking the skies.

Before performing any ritual contained within this chapter, look at your Star of Power. Attune with it. Then expand your awareness to include the whole crazy, spangled sky above you and perform your rites and rituals.

RELEASING

This ritual is designed to use the energy of the stars to absorb negativity. Use it to help make a clean break from negative habits, misplaced emotions, and other wonderful human problems.

Sit outside. Attune with your star of power. Visualize your problem. Visualize yourself wallowing in it, feeding it energy so that it's self-sustaining. Hold out your arms before you. Cup your hands to-

gether. Push this visualization out of your arms into your hands. Break all connections with that which is to be released. See the problem and its causes sitting within your palms.

Say something like the following:

Blazing stars;
Fiery stars;
What was mine
Is now yours.

With a strong, certain gesture, separate your hands, fling your arms to the sky and release the negativity to the stars.

Push it from your body. Send it wildly spinning up into the heavens, where the energy of the stars will cleanse and transform it.

Repeat as needed.

STAR CASTLE

When alone at night in dangerous circumstances, you can create a bowl of protection around you with this ritual. Practice this ritual until it becomes second nature. Then, when necessary, you'll know precisely what to do. Even if no stars are visible at that time, you'll remember the sensation and your protection will be just as strong.

Stand outside (you'll usually need more protection when standing than when sitting outside at night).

Attune with your Star of Power.

Take in the entire panorama of lights above you. Spread your arms as if to embrace the stars. See their powers streaming toward you as brilliant points of light. Accept this energy into your body. Welcome it. Now see and feel the star power forming a pulsating, glowing ball of

energy within your belly. Expand it until you can feel the star energy emerging from your skin. See it creating a half-sphere of star-flecked light around you.

Move the stars. Spin them clockwise around your body. Make then spin faster and faster until they create a shimmering upside-down bowl of light that completely encompasses you. Say these or similar words:

Stars spin;
Stars glow;
Stars guard
From all woe.
Protect me!
Protect me!
Protect me!

With practice, this ritual should take no more than a few seconds to perform.

PSYCHIC BRIDGE

(to awaken psychic awareness)

Sit outside.
Close your eyes.
Breathe deeply.
Relax. Shut down your questing mind.
Open your eyes.
Attune with your Star of Power.

Now, with your waking consciousness lulled into passivity, stare up into the darkened skies. (Stretch out on your back to avoid straining your neck.) Look into the stars. Don't think about what you're doing; simply do it.

Choose one star (it can be your Star of Power or not). Look at it, blinking normally, then slowly circle your eyes,

lazily spiralling your gaze outward, away from the star. Without halting, spiral it inward, back to the star from which you started.

Continue this until your psychic mind has been awakened. Answers will make themselves known.

STAR SCRYING

Sit outside.
Close your eyes.
Breathe deeply.
Relax. Shut down your questing mind.
Open your eyes.
Attune with your Star of Power.

Now, expand your awareness of the whole star field above. Let your gaze travel naturally from one part of the sky to another. Recognize familiar constellations, but move on, to a part of the sky that's unfamiliar to you.

Gently think your question.

Gaze into the stars as a mystic does into a crystal sphere. A pattern is hidden there. Within this pattern—which only you can find—lies the answer to your question. One constellation may seem to shine more brightly than the others, or may pull your eyes toward it.

Once you've found it, look at it. Do its stars seem to form a recognizable outline? A fish, a bowl, a square? If so, think about what this shape means to you. Discover the answer that your psychic mind is trying to reveal to you—through the stars.

STAR CHARGING

This is best performed on a night when the moon isn't visible in the sky. It's designed to bring the power of

the stars into somepersonal or magical object, including jewelry.

Take the object to be charged outside.

Sit comfortably. Attune with your Star of Power.

Hold the object to be charged in your receptive hand. Push it up into the sky. Say these or similar words:

Darkness
Brightness
Points of light,
Dimming
Glowing
Shining bright;
Shining down on me this night;
Bless me in my magic rite!

Draw down the power of the stars, visualizing it streaming from each star in rushing, thin, sparkling blueish-white light. The streams unite to become a single, pulsating beam of energy which flows freely into the object. Continue chanting:

O celestial, starry band
Charge what I hold in my hand!
Lend it strength and energy;
Energy that I now see!
The power's sent; the power's free
This is my will; so mote it be!

Upon saying the words "the power's free," redirect the single beam of energy back into the sky. It scatters and is reabsorbed into the stars from which it emerged.

Now, while the object pulsates with star-energy, use your visualization to program it according to your needs. Imprint upon it its task: protection, prosperity, love, com-

fort, peace, physical strength, courage, psychic awareness—star power can be used for all things.

Re-charge the object at regular intervals, if necessary or desired.

(This entire process can also be performed before any type of magical ritual. Rather than moving the star-energy into an object, draw it into yourself, through your receptive hand's palm.)

SHOOTING STARS

The sight of a light streaking across the sky has long inspired humans. At one time these were thought to be stars that had fallen from above. Today, even though we know that they're tiny meteroites burning as they enter our planet's atmosphere, it's still quite evocative to watch this spectacle.

Thousands of meteorites burn themselves out in our atmosphere every day, so there's a good chance of seeing one on any clear night. However, meteor showers occur at regular intervals. Check with your local planetarium, natural history museum, or college for information.

There are many spells and rituals involving the sight of a meteorite. Drawn from European folklore, they all insist that the words spoken, or the recommended actions, be finished prior to the shooting star's disappearance. Here are a few of these, plus a new spell designed for similar purposes:

For money, repeat "Money, money, money" before the shooting star blinks out.

To remove blemishes, rub them with a cloth and let the cloth fall from your hand.

Although shooting stars are said to be especially fortunate for lovers, travelers, and the sick, any wish made while the meteorite shines will supposedly come true.

The difficulty in performing such rites is plain: we're rarely prepared to count, wish or rub blemishes when a meteorite's trail suddenly appears in the sky. So I've devised a solution to this problem.

Be alert to the possibility of seeing a shooting star as you study the night sky. Then, when you see one, try to say these or similar words:

Meteorite,
Charge my rite.

Practice saying these words until you can quickly do so in need. Even if you don't complete the chant before the meteorite's fiery trail disappears, continue the ritual: once you've said the chant, strongly visualize your need. See it as having already manifested in your life. Remember the sight of the shooting star.

May you have stars in your eyes.

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14
Snow Magic

I was guilty of tunnel-vision in writing *Earth Power: Techniques of Natural Magic*. Though I'd practiced magic involving snow and ice, I didn't include these two topics when writing the book. Here in San Diego, it's easy to forget that millions of people live with snow for many months out of the year.

Hence, this chapter. I created one of these rituals on a 1989 winter trip to Llewellyn Publications in St. Paul, Minnesota. Other snow spells evolved during trips up to the mountains. Only an hour away from San Diego, they often have heavy snow falls. And, in Michigan, I spent my share of time as a youth "tubing" down the hills, surfing on my sled (right into unsuspecting pine trees), making real snow cones and doing other winter activities.

The following spells should be done with real snow. Crushed ice just isn't the same. You may have cursed snow in the past as, at best, an inconvenience. Now I'm presenting a new use for the cold stuff.

Snow is a remarkable substance. It's a liquid in a solid but malleable form. We can use this to our advantage, as shown by the following rituals.

Élém

TO BE RID OF A NEGATIVE CONDITION

During the day, go outside with a small bowl. Fill it with clean snow. Pack it, level it with your gloved hand, and rush back inside.

After removing your winter wraps, place the bowl of snow on a table. Hold your hands palms downward over the bowl and say:

Crystal snow,
Crystal white;
Help me now
Win this fight.

Visualize the habit or condition as being in the snow. *See* the negative condition there. *Push* the power it has had over you into the snow. *Know* that the habit, its causes, and the power that you have given it are in the snow. Transfer the negative energy through your palms into the snow.

Pour one-half handful of rock (de-icing) salt into your projective hand. Look at the salt and sense its purifying, cleansing qualities.

Still visualizing your negative habit as being in the snow, sprinkle the salt over it until you've completely covered its surface. Say:

White on white,
Salt on snow;
Fight your fight;
Evil go.

Next, take any small stone no more than one and a half inches in diameter. Hold this in your projective hand. Visualize freedom from your negative habit or condition. See yourself free from its grip. Sense the power that you

possess to break the chain.

After a few moments, gently place the stone on the surface of the salted snow. Say:

Rock on salt,
Salt on snow;
Evil halt,
Evil go!

Sit before the bowl, staring down into it. Watch. Sense. Visualize the purifying potency of salt destroying your negative condition, its causes and the power that you've been giving it.

As the snow melts, release all connections that you have with the habit or negative condition. Visualize and *feel* your unconscious desires melting: dissolving into a sea of apathy, an ocean of disinterest, a surging river of purification.

When the salt has melted the snow, remove the stone, pour the water outside of your house (away from plants that may be asleep beneath their white blankets) and return inside.

Wash the bowl and the stone that you have used. Put them in a safe place until the next day.

Repeat the entire ritual for nine days. Visualize. Use your support groups. And just do it!

SNOW FIGURE MAGIC

This is similar to "A Sea Spell" in *Earth Power*. But instead of using wet sand to retain the figure, we use snow.

I created this spell while visiting the mountains a few years ago. I distinctly remember the experience, for it was the first time a friend of mine had ever seen snow.

You'll need a two-foot square patch of undisturbed

snow. The snow should be at least a few inches deep to retain the figure (the deeper, the better). Additionally, it should be fairly fresh. Crusty, hard, icy snow simply won't work.

Kneel on the snow (or squat, if you find that more comfortable). Visualize the magical change that will soon grace your life. See it clearly.

Now, with the index finger of your right hand (or a stick), draw a symbol of your need with firm intent and visualization (see Appendix One).

Once you've made this symbol, draw a *circle* on the snow about one and a half feet in diameter around the symbol if your magical change involves love, healing, spirituality, friendships, purification or psychic awareness. Or, draw a *square* about one and a half feet in diameter around the symbol if the change involves protection, money, grounding, weight-loss, courage and other similar, Earth-based changes.

Brush off your hands and leave the area.

A CHARM FOR PROTECTION IN THE SNOW

This can be easily made at home with common ingredients. It can be worn or placed in a coat pocket when going into the snow for extended periods of time. It can also be attached to young children's clothing (keep it away from babies) or placed in their pockets. Mishaps are quite common in the snowy world. This is a charm to help prevent them.

Note: If you make the amulet for a child, try to involve them in the creation of it in some way. If not, visualize her or his safety—not your own, as mentioned in this ritual.

Ingredients needed: one peppercorn, a pinch of salt, a pinch of cayenne pepper, a pinch of powerered ginger, a

pinch of powdered cloves. You'll also need a small piece of red cotton cloth no more than four inches in diameter, needle and red cotton thread, and a bowl.

Place all ingredients on your working area. Put the peppercorn into the bowl, saying and visualizing:

I charge you with protection!

Add the pinch of salt, saying and visualizing:

I charge you with stability!

Add the pinch of cayenne pepper, saying and visualizing:

I charge you with warmth!

Add the pinch of powdered ginger, saying and visualizing:

I charge you with protection!

Add the pinch of powdered cloves, saying and visualizing:

I charge you with protection!

Mix the assembled spices and salt with your fingers, visualizing yourself having a healthy, safe, guarded time. No thoughts of slips or of snow sleds banging into trees should enter your mind.

Next, transfer the herbs to the center of the red cotton cloth. Fold it in half, then in half once again. With the needle and thread, sew up the ends so that the herbs can't escape.

Carry with you as needed. Make a new protective charm every snowy season.

15
Ice Magic

Dawn. A late March morning. Though the weather has been warmer lately, a cold snap has swept the neighborhood. On rising and stepping outside to retrieve the sodden newspaper, you look out on a fairyland of glistening bare trees, their lacy branches covered with ice.

Few can deny the power that ice has over us. Of all the obstacles that the weather can put in our paths, ice can be one of the most dangerous. Yet, tamed and brought into our homes, ice is a delightful part of life.

Today we put ice on wounds, fill our glasses with it and set exotic foods on beds of the cold stuff. Ice is a utilitarian object, something that we may rarely think of—until we find that we have to drive to work on icy streets.

But ice is magical. It shares some qualities with its cousin, snow, and yet possesses unique uses all its own. Magically, ice is thought to be a blend of two elements. Although ice is undoubtedly Water, it possesses the solidity of the element of Earth.

Ice's transformational properties are seemingly miraculous, and the following spells make good use of them.

But you may be asking, "Are freezing temperatures necessary to practice ice magic?"

No. Ice magic is certainly a natural during winter in cold parts of the country. When birdbaths freeze over and lakes become solid white surfaces, that's the time to practice ice magic. But those who live in temperate, sunny climates can still practice ice magic. We can do this through the wonders of the modern freezer.

Artificial refrigeration certainly can be used, but keep our environment in mind. The refrigerant used to cool and to freeze water harms the ozone layer. Quickly open and close the freezer door when placing ritual items within it. There's no need to fling open the freezer door and recite 37 pages of incantation while cool air flies out and uses up the nasty refrigerant.

That said, onto ice magic!

CHERRY ICE

(a love ritual)

Have two small glasses; a larger, freezer-proof bowl; water; and some unsweetened cherry juice.

Place the glasses and bowl on your working area. Fill the glasses with water. Fix in your mind an image of yourself enjoying a mutually satisfying relationship. Once again, don't visulize your cute neighbor in your arms. Simply feel and see yourself in a loving relationship.

Place your hands over the two glasses of water. Say these or similar words:

Northern Wind;
Chilling breeze;
Rise up now;
Make this freeze.

Manifest
Love for me
As my word;
It must be!

Pour enough of the cherry juice into each of the glasses to dye the water a light pink. Then, still visualizing, pour the two glasses of water into the larger vessel. With the index finger of your projective hand, sketch a heart on the surface of the water.

Place the bowl outside (or in the freezer). Wait several hours. If the water doesn't freeze, try again. As soon as the water has solidified, your rite has ended. The power has been released. (The ice can now be melted. This in no way affects the spell.)

A MONEY BATH

This is a somewhat complex spell, in that both frozen and unfrozen water is used, as well as metal. Still, it's certainly worth a try.

For this spell you'll need: an ice cube tray that makes approximately one inch square cubes; five quarters; and water.

Fill the ice cube tray with water. Set it down and hold the five quarters in your projective hand. Visualize their money energy stirring and rising. Push money energy into the quarters.

When they're fully charged, place one quarter into each one of the cube forms, until you run out. It doesn't matter which squares contain the quarters.

Hold your hands over the water and quarters and visualize money coming your way; see yourself enjoying its benefits. Then, let the tray freeze—outside or inside,

(and not before) draw a hot bath. As the tub is filling remove the ice cubes which contain the five quarters from the tray and place them on a plate or in a bowl. Remove your clothes. Stand before the tub with the cubes.

Say these or similar words:

Hot and cold,
Mix well for me,
Help me win,
Prosperity

Toss the ice cubes into the tub. Climb in. Soak, visualize, and absorb the transformed money energy. Afterwards, retrieve the quarters to use another time.

PUTTING IT ON ICE

Magic is a tool of personal transformation. This simple rite utilizes ice as the tool with which we can change and improve ourselves.

First, write down three negative words that represent three negative or aspects of yourself. These may include jealousy, cynicism, overemotionalism, guilt and so on. As you write, pour these negative qualities into the words and into the paper. Flood it with personal power.

Fill a freezer proof bowl with water. Place the fingers of your projective hand into the water and say these or similar words:

You are a vehicle of transformation.

Now, place your paper into the bowl of water. Set outside or put into the freezer. When the water has been transformed into ice, remove it from the cold.

Heat some water on the stove until it's boiling. Remove the ice from the bowl (run some warm water over the bowl, if necessary). Put the ice into the boiling water, saying these or like words:

All the power that you've felt,
All your power over me,
All your power I now melt
As my will, so mote it be!

The ice block will melt. As it melts, freeing the paper contained within it, visualize yourself clean and purified of your problem.

It is done.

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16
Mirror Magic

Mirrors are exquisite magical tools. Suffused with the symbolism of the moon and of water, they can be used in many evocative spells.

I included a chapter describing Mirror Magick in *Earth Power* The number of letters I have received concerning this subject has convinced me to present more information on this aspect of magic in this book.

Mirrors are magical tools. They can be used to both attract and repel specific types of energies. Mirrors have been placed in houses, onto animals, and have even been sewn into clothing for protective reasons. Mirrors have been used in magic for at least 2,000 years.

For the best results, purchase one or two small, frameless mirrors that you can use in magic. Though round mirrors are usually favored, for ritual use, some spells specifically call for square mirrors.

A few of the rites included in this chapter direct you to look into the mirror to see your own reflection, or for this mirror to reflect a candle's flame. To be prepared for this, experiment by placing them on folding collector`s plate holders or on small easels until you can correctly position

them.

These rituals utilize the unique reflective qualities of mirrors.

PREPARING A MIRROR FOR MAGIC

It's best to perform some type of short ritual before using any mirror for magical purposes. Since mirrors are ruled by the element of Water, we'll use water to purify them.

The process is simple. Do this ritual at night. You'll need a vessel of some kind that's larger than the mirror (a bucket, a large bowl, a bathtub, even a pond, river or the ocean).

Dip the mirror into the water. As you do this, say:

What was here . . .

Lift the mirror from the water. Say:

I wash away.

Do this thirteen times, each time completely submersing the mirror, then completely removing it from the water. If the moon is visible in the sky, hold the mirror up to receive its rays for a few moments.

Dry the mirror. Holding it in your hands, say these or similar words:

You are now a tool of magic.
Assist me in my rites!

Next, wrap the mirror in blue or white cloth and store in some special place until you have need of it.

MIRROR SPELL OF LOVE

Items needed:

One round mirror

One fresh rose (or some other sweet scented flower, such as gardenia, jasmine, lavender, orange, plumeria, stephanotis, sweet pea, tuberose, violet, or yarrow, among others.)

2 Pink candles

This ritual is best performed at night.

Place the mirror on a table so that, when seated before it, you can see your face's reflection. Charge the two pink candles with loving energy. Place them into holders and set one on each side of the mirror (far enough back so that they wont be reflected.) Light the candles.

Sit before the mirror. Gazing into your own eyes, visualize yourself as a loved person, involved with someone else on every level. Take up the flower Hold it between the mirror and your face, so that the mirror captures the image of the flower, and say thrice:

Shine, mirror, shine:
Shine with power;
Reflecting love
From this flower!

Absorb the loving energy from the flower as it bounces againist the mirror and speeds into you. Feel it transforming you and preparing you for the loving encounters to be.

Repeat for at least a week.

THE MIRROR FORTRESS

Items needed:

One square mirror at least eight inches square.

One round ceramic plate at least ten inches in diameter.

Water.

One small white votive candle (and clear-glass holder).

Several small mirrors of various shapes and sizes.

Place the larger square mirror onto the round ceramic plate. The edges of the mirror shouldn't overhang the plate itself. If they do, use a smaller mirror or a larger plate (or even, if nothing else is available, a bowl).

Next, cover the mirror with water, up to the rim of the plate. The plate should be deep enough so that the water will completely cover the mirror.

Charge the white votive candle by holding it between your palms, visualizing yourself surrounded by a fiery mirror of protective energies, and by saying:

I am surrounded by brilliant white light.
I am protected and surrounded by brilliant white light.
I am guarded, protected, and surrounded by brilliant white light.

Place the votive candle in its holder and set them both on top of the large square mirror in the plate. Light the votive candle.

Then, propping them up as best you can, place the other, smaller mirrors in a circle around the candle, plate, and larger mirror. At least some of the mirrors *must* reflect the light of the candle.

When all is ready, hold your hands palms downward

over the items you've assembled and say these or similar words:

Fire and water; mirror's light:
Lend me all protection!
Moon-glass and water; candle bright:
Guard me with reflection!
Reflect the ill; reflect the bane;
Reflect the danger that grows near;
Reflect all that would cause me pain;
Protect me in this fortress here!

Visualize yourself *within* the scene you've created, warmed by the candle's flame; reflected again and again in the mirrors, guarded, protected, safe, and at peace.

Let the candle burn for at least fifteen minutes. Pinch or snuff out the flame. Pour the water into a bottle to use again and put all items carefully out of sight until you need to create your mirror fortress once again.

TO BE HAPPY

This requires a round mirror and a photograph of yourself taken in happier times. The photograph should include no one but yourself. Prop the mirror so that it stands straight on its edge.

Next, place the picture on a nearby table, the wall, a chair or on some other object. The picture should be reflected within the mirror.

Allow the mirror to reflect the photograph for at least three minutes. During this time, recall those happier days. Immerse yourself in them. Don't allow your concentration to waver and melt into a sea of tears concerning your current state; keep your mind firmly fixed on those happier days.

Now sit within the mirror's reflection; i.e., between the mirror and the picture. Stay there until your sadness truly blossoms into happiness.

Repeat as needed.

A MIRROR BINDING

This is a ritual designed to banish bad habits, thoughts or emotions.

On a small piece of white paper, write an exact description of the problem. Keep it short. It may be:

> **I smoke. I smoke far too much. Smoking is ruining my health and my life.**

Or:

> **I hold onto the past. I hold onto the past until it dominates my present and clouds my future.**

Or perhaps:

> **I overeat. I overeat and love food to the point that I no longer love myself.**

Or anything else. Don't write: "I no longer smoke." These words should describe your problem as it now is, not it's solution. (This is the exact opposite of most other rituals.)

Copy the words *exactly* onto the other side of the paper. Place the paper between two square mirrors (they must be large enough to completely hide the paper). Make sure the reflective sides face each other. Tie the mirrors together with yellow yarn and put them in a wooden or

paper box. Place in some secret spot or bury in the earth far from where you live. It is done.

Every time you find yourself slipping into these old habits, recall writing the words and copying them on the back of the piece of paper. Remember tying (binding) the mirrors together, trapping the negative condition's control over you. And be strong!

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17
Wishing Well Magic

It's such a simple act, and millions of us do it every year. A well (or a fountain, or a spring) sits there sparkling in the sunlight. We experience a sudden urge to fish for a coin in pocket or purse. Then, firmly grasping the money, we make a wish and throw the coin into the well, curiously continuing an ancient magical tradition without really knowing why.

Wishing wells (and their predecessors, springs) can be found throughout North America and Europe. The origin of our contemporary practice of tossing or dropping coins into bodies of water originated in early European folk magic.

From a magical perspective, using a wishing well evokes the energy of Water to bring our wish into manifestation. It's an ancient acknowledgment of the power of this element, and includes a form of payment for the work that we ask it to do for us.

Usually, we simply "make our wish" and throw money into the well. As practitioners of natural magic, however, we realize that simply wishing isn't enough. We charge the coin through visualization and may even say a

short chant as we toss the coin.

Here are some specific spells to be used with wishing wells, springs, ponds, pools, streams and even fountains. For the sake of simplicity, I've used the word "well" throughout this chapter, but these rituals can be performed with any body of water.

Repeat these spells as needed.

A PENNY FOR LOVING

(The use of a penny in this spell may need a bit of explanation. Older pennies are made from copper, and copper is the metal of the planet Venus and of the element of Water, both loving energies. That's why a penny is used here.)

To smooth the path of a rocky relationship, visualize you and your mate enjoying happy times, giving full attention to your love. Pour this energy into the penny that you hold in your projective hand. Then toss the penny over your right shoulder into the well while saying:

Coin of the realm,
Metal of Venus,
Ensure that naught will
Come between us.
Strengthen our love
This magical day,
This is our will
And this is the way.

Note: this will be effective only when both parties are attempting to improve the relationship.

A MONEY WISHING SPELL

Hold any coin in your projective hand. Visualize yourself enjoying the fruits of prosperity. See yourself as a more monied person. Charge the coin with this energy. Still holding the coin, say the following:

Coin of the realm,
Silver and gold,
Return to me
One hundredfold.

Toss the coin into the well and continue:

I call Water
To charge my spell
Now here within
This magic well.

A PSYCHIC SPELL

For best results, use an American coin minted before 1964. These are actually made of silver. Coins dated later than 1964 are mostly base metals covered with a thin layer of silver, and so have less power for this purpose.

Hold the coin in your projective hand. Gaze into the water. Still your mind and breathe deeply. Rub the coin on your third eye, feeling your psychic awareness awakening.

Visualize your psychic mind blossoming like a pure white rose, or rising as the full moon above the horizon of your consciousness.

Then, in a quiet, dreamy voice, say the following words as you toss the coin:

Second sight,
Psychic light,
Metal of moon,
Open me soon.

Sit beside the well (or spring), look into the water and know what you would know.

A PURIFICATION

To be used when feeling depressed, out of control of your life, after the breaking of a relationship and at any other time when you feel the need.

Take four coins. Wash them first until they're sparkling clean (you may need to scrub them with baking soda and a toothbrush). Do this before going to the well.

At the well, hold the four coins in your projective hand. Visualize the aspect of your life that is adversely affecting you. Pour it into the coins. Pour out your negative condition into the coins. Feel its blocking energy surging into the them.

Stand before the well facing West. Toss a coin into the well, saying:

I freely give this up.

Move so that you're facing North before the well. Toss a coin into it, saying:

I freely give this up.

Now facing East before the well, toss and say:

I freely give this up.

Facing South, throw a coin into the well and say:

I freely give this up.

Your rite has ended.

(Note: it would be unwise to perform this ritual in a well actually used as a source of drinking water.)

FOR BEAUTY

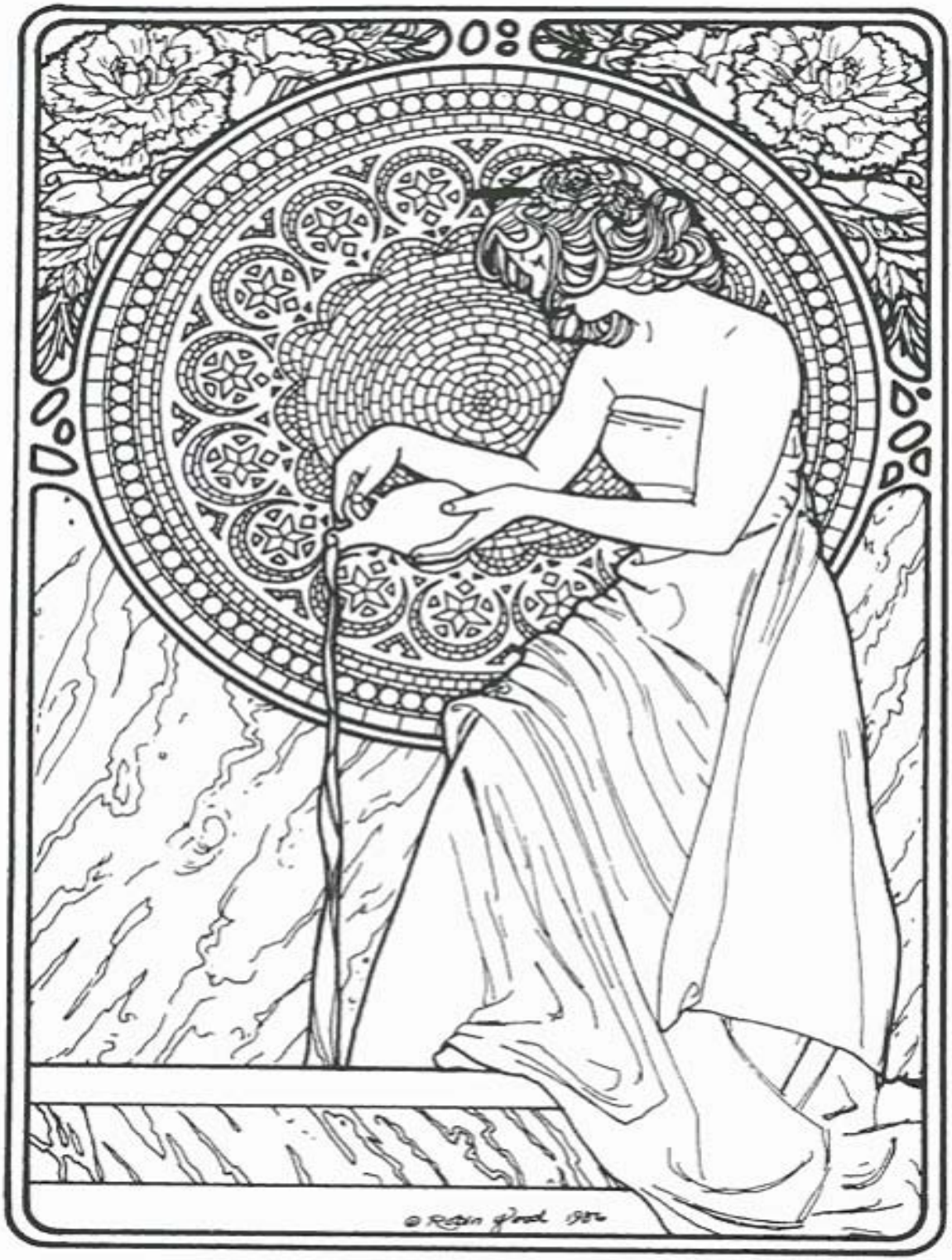
Beauty isn't in the eye of the beholder, it's a reflection of our feelings about ourselves. When we dwell on our "defects" (no human body is perfect), we lessen our inward and outward beauty. This ritual is designed to increase our good feelings for ourselves, which is reflected in the image we present to others. Thus, it increases beauty. This is a simple rite. Hold five pennies in your projective hand. Visualize yourself as a beautiful person. *Don't* see yourself as your favorite movie stars, who have make-up artists, lighting directors and cinematographers to assist them. Visualize yourself as a loving, open person radiating beauty. Pour this image into the pennies. Toss one into the well while saying,

I allow myself to be beautiful. I accept beauty.

Repeat with the remaining four coins. It is done.

CREATING A WISHING WELL AT HOME

If there are no nearby wishing wells, springs or lakes, or if you can't leave the house to perform these spells, or if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winter's chill has imprisoned all outside water, you can create a wishing well in your own home.

The "well" should be of some natural material. A large, glazed clay flower pot (with no drainage hole in the bottom) is ideal, as is any large bowl. It could be blue to represent the element of Water, but this isn't necessary.

Keep your wishing well in one location, perhaps in your place of magic. Move it only to retrieve the coins. If this isn't possible, store the wishing well in some secret place, removing it for use.

To charge your well, you'll need one coin and bottled spring water (available in most large stores). If you can't find bottled spring water, use any available water. Place the pot or bowl on a flat surface. Pour one to two inches of water into the well (it isn't necessary to completely fill the container) while saying:

Water bubbles in this well,
Giving birth to rite and spell.

Hold the coin in your projective hand. Visualize the wishing well as a place of untold power, where brilliant blue light streams up from the water; where energies submerge and emerge and where magic is made.

Say these or similar words while holding the coin:

Watery powers of the deep,
Fluidic secrets that you keep:
Wash this Wishing Well with power,
Charge my magic from this hour!

As you say the final word, toss the coin into the water to energize and prepare it for your future magical workings.

After that, your wishing well can be used for the

spells contained within this chapter, or for any other positive rituals that you devise.

Remember: once the coins have been thrown into the well, you've given them to the element of Water. Leave the coins in it just as you would in an outdoor wishing well.

After using this wishing well for some time, coins will have accumulated in it. As needed, remove them, dry and donate to the charity of your choice. (Don't spend them to buy yourself something, this may jeopardize both those spells that haven't yet materialized in your life as well as your future workings with your wishing well). Once you've removed the coins, clean the well with fresh water and repeat the charging ceremony as described above.

You can also toss other objects into the well, such as shells, rocks with magical symbols drawn onto them, or even semi-precious stones. If you decide to switch to something other than coins, it's best to remove any money that's already present within the well before making the change.

STONES FOR USE WITH THE WISHING WELL

Beauty: Amber, Jasper, Opal.

Courage: Red Agate, Bloodstone, Carnelian, Tiger's-Eye.

Healing: Azurite, Calcite, Flint, Garnet, Jade, Turquoise.

Love: Amethyst, Jade, Moonstone, Olivine, Pearl, Topaz.

Money: Aventurine, Jade, Ruby, Tiger's-Eye.

Protection: Apache Tear, Citrine, Quartz Crystal, Lava.

Psychic Awareness: Aquamarine, Emerald, Lapis

Lazuli.

For the "wishing well" rite, use these or any of the other stones listed in Chapter Nineteen: "Creating your Own Rituals".

After the stones have been thrown into the well, bury the stones and recharge your well.

Your wishing well - all wishing wells - are place of power. Respecting them as such ensures the effectiveness of your magic.

18
Sea Magic

I hesitated including a chapter with this name in *Earth Power*, reasoning that many live far from the ocean. But this seems to have been one of the more popular chapters, and so I felt compelled to include further sea magic in the current volume.

As we've seen, magic often calls upon the powers of water. The oceans of the world, in particular, have always been viewed by folk magicians as sources of untapped power. In the coastal regions of the world, magicians have long gone to the seashore to work their rites. In fact, some old spells specifically state that the power "must travel over water."

Our oceans are enwrapped in symbolism and religion. For untold eons they've been worshipped and revered as the source of life, particularly by those who depend on fishing for their existence. Many charms have been made beside the ocean's gentle or crashing surf.

Since I wrote that chapter in *Earth Power* I've continued to learn more concerning the ocean's powers and mysteries. I visit the beach as often as I can to perform rituals. Morgan, my first teacher, shared my love of the ocean.

We often lit fires on lonely beaches, traced symbols in the sand, and performed rite and ritual. Many other times we simply sat and meditated on the pounding rhythm, the dazzling moon overhead or the phosphorescent foam riding the top of the dark waves. If we were there before sunset. we greeted the porpoises who would play just beyond the line of breakers.

If you wish to perform magic of this kind, its wise to follow a few guidelines:

a) Go at dusk or at night only. During the day, you may attract a crowd if you`re too obvious about what you`re doing, and this rarely helps your magic. If the beaches aern`t safe at night, perform your sea magic very early in the morning. Use common sense. Heading for the shoreline on the hottest day of the year to practice magic ensures constant interruptions and curious looks. Cold, cloudy days are fine for daytime rituals.

b) Check the tides before leaving home. Traditionally, spells of a constructive nature (love, healing, money, psychic awareness, travel, courage, protection) are performed when the tide is flowing from low to high. Spells which are aimed at destroying disease, bad habits, obsessions, and so on are timed to occur with the ebbing tide (from high to low) when the waves slide farther down the beach. Spells and rituals of all natures benefit from the high tide. There are two high and two low tides each day. Many newspapers list the day`s tides.

c) Bring a minimum of equipment. Some natural magicians will haul cauldrons, incense burners, knives, special cups, bottles of wine, food, napkins, books, tape recorders, cords, swords, herbs, stones, and shells to the beach. This is unnecessary. The trappings and tools of indoor

magic aren't necessary for outdoor rituals, for there the elements are all around us. Many of the tools that you`ll need can be found on the beach. Rocks can mark out a circle. A piece of driftwood can be used as a pencil to trace magic symbols in the sand. Shells - even if the`re not perfect, pristine collector`s items - can serve as vehicles for spells. The most equipment that you`ll need for sea magic includes a flashlight (for finding your way in the dark, if necessary); some food (for after the rite) and, perhaps, fuel for the fire. One or two other items, appropriate to the type of ritual that you`ll be performing, complete the necessities.

d) Wear comfortable clothing. Daylight rituals require no more than a bathing suit or simple attire. If its cold, dress accordingly. You might not be actually going into the water: swimming alone (or at night) is dangerous.

e) Keep it simple. You dont want to perform rituals in which thirteen people dance around a fiery cauldron at the edge of the sea. Nor is it advisable to try to read long incantations by moonlight filtered through clouds. Memorize spoken words, if possible. If you haven't memorized them, and are practicing your magic at night, use a flashlight or the fire (if any). Beach magic should be inspirational, not mechanical. Yes, I do include spells and rituals in this chapter, but they`re suggestions. Use your intuition. A few words and a few actions, in combination with correct visualization, can provide extraordinary results in this setting.

f) Respect the world's oceans as sources of incredible power. Feel their awesome energy. Attune with the ocean prior to performing any magic.

g) This is perhaps the most important of these suggestions: clean up after yourself. Leaving incense sticks and apple cores on the beach won't lend you more power. Bring back what you take. Don't dump sand onto fires to put them out. Coals can often smoulder for hours and other unwary beach-goers may burn their feet. Put out fires with sea water.

Now, to the magic of the sea.

A PREPARATORY OCEAN RITUAL

Perform this before doing seaside rituals, if you desire. This preparatory rite is designed to attune you with the forces that are the ocean.

Sit quietly on the sand, facing the water, above where the highest waves are breaking. Close your eyes. Listen to the sounds of the sea. Still your mind: focus on this sound only.

When you feel that the time is right, say these or similar words:

The waves are crashing,
The waves are breaking;
The waves are lashing,
The waves are taking
The power of the sea to me;
The power of the sea to me.

Pause. *Feel* the boundless energy of the ocean before you. After a few moments, continue the chant:

The water's flowing,
The water's soothing;
The water's growing,

The water's moving
The power of the sea to me.
The power of the sea to me.

Pause again, then continue:

Here between the land and sea,
Where awesome powers reign,
I create my destiny
And all I would attain.
Ancient one of blue and green,
Of foam and surf and sand;
Grant the power that I've seen,
Between the sea and land.
Take from me my energy
That I so gladly give;
Help me know your mystery
And let my magic live.

Sit in meditation for as long as you feel is necessary. When the time is right, work your magic; sketch your symbols; place seaweed into mystic configurations: do what you've come to do.

A RITE OF ATTUNEMENT

This is an alternate preparatory ritual, and can be performed prior to any ritual at the beach or, indeed, by itself.

Go to a shore uncluttered by humans, a wild and lonely stretch of sand kissed by salt and water and breeze.

Go at dawn, dusk or wrapped in shadows.

Go at the new moon.

Go at the rising of the tide.

Go with power, with joy, with tenderness.

Take off your shoes. Take off your socks. Push your feet into the yielding (yet strong) dry sand, feeling the countless grains of rock beneath them.

Walk to the water. Feel its cool liquidity surrounding your toes, welcoming you into its realm.

Sink into the sodden sand; melting, merging with the element. Bend and push a finger into the water.

Close your eyes. Smell. Feel. Listen.

Put the finger to your lips. Taste.

Open your eyes. See.

Step back from the water. Sit on the sand, connecting with the ocean, feeling the combined heartbeats of land and sea beneath you—the timeless, limitless energy of the ocean.

Hear the calls of the creatures that inhabit that vastness.

Now, still sitting, visualize yourself rising and walking forward, without fear, without urgency. Simply see yourself moving into the water.

Swim. Feel the tide pulling you back to land, to your home, to everything that you've known and loved. And yet . . . feel the call of the deep: the surging moon-pull that courses within your body; the water that laps your mind and touches your soul.

Gently turn around, back toward the distant shore. Your arms (not fins) are strong. Your feet splash. You swim powerfully until land rises ahead. Go to it. Feel the water getting shallower. Feel the bump of hard sand beneath your cold feet.

Crawl onto the island. Sit facing the sea: listening, hearing, tasting, touching, seeing.

You've returned home. You're on that beach again. Continue experiencing the wonders of the ocean until your rite is over.

With the index finger of your projective hand, trace

this symbol on the sand:

Stand. Brush off your feet. If you have any rites to perform, now is the time. If not, take three steps backward, turn and walk, not *away* from the sea, but *with it;* feeling its cycles pulsing within you, hearing its crashing waves, tasting its salty kiss, sensing its ebb and flow: and knowing that you don't leave the sea . . . you take it with you.

A BASIC SEA SPELL

This rite is a basic attraction ritual. It should be done during daylight hours.

Walk along the beach until you find a stone, a shell, a small piece of dried seaweed, a piece of driftwood or any other natural object that has been tossed up by the sea. Hold this object tightly in your projective hand. Visualize that which you need. Push your personal power into the object. See your need as being fulfilled in your life.

Stand facing the ocean, still holding the sea treasure. Wait for eight waves to crash and to subside while you build your personal power. As the ninth wave breaks, throw the object into the sea. Release the power and your visualization as you release the object; let the sea swallow them up.

The energy to fulfill your need has been set into motion.

THE SAND TOWER
(a rite of banishment)

At the edge of the sea, while the tide is rising, create towers (or "castles") of sand. Working quickly, make at least five small towers. Pour your problems into these towers as you build them. Step back. Soon the ocean will swell up and demolish the towers. As it does, say these or similar words:

Sand and sea, wind and sun;
Banish it! Its power's done!

PAST LIFE RECALL

This ritual should be performed alone, preferably on a deserted beach. Sit high enough so that sudden surges of water from freak waves won't wash over you while you meditate.

Go to the ocean when the tide is ebbing (between high tide and low). Sit comfortably on the beach, directly facing the ocean, in loose clothing. Close your eyes and focus them above and between your brows (toward the "third eye").

Listen to the waves and have no thoughts but of them. Shut down your senses until the thundering of the ocean is your brain's sole input.

As you relax into your posture and the waves fill your being, start moving backward in time (in your mind). Allow each wave to move you farther and farther back. The crashings equal one day, then one week, a month, a year, ten, a hundred—go back until you feel that it's time to stop.

If images come into your mind, work with them. Attempt to make them clear. Where are you? Who are you? Do you notice buildings? Landscapes? The dress of other persons? What`s your name? Perhaps you hear voices. What language is is being spoken? Can you see your own face or that of someone else? Who's your closest friend?

(If you become frightened for any reason, stop the proceedings simply by opening your eyes. You are in total control of this exercise.)

Stay in this state until nothing more will come, then slowly move back to the present, riding through time in your mind on the waves. Soon, open your eyes, stretch, and thank the sea for its help.

Do remember that your conscious minds play tricks on us. This is why the hypnotic voice of the sea is used here to lull it into semi-consciousness, so that the psychic mind can speak. Still, view with suspicion all information received from such an exercise until you`ve carefully studied it.

If you don't like what you discover, or feel the need for a cleansing, let the ocean`s water brush your feet. Don't swin; simply wet your feet.

A SHELL SPELL

This is a multi-purpose ritual which can be used for love, money, or health.
Choose a beach that you know usually has plenty of shells rolling around on the sand. Go to the ocean for an hour or so before high tide. Look at the waves and say these or similar words:

By surf and sand,
By wave and sea;
By foam and land,
A shell for me.

Walk the beach—preferably where the waves have only just kissed the sand. You'll be looking for a "clam" shell; i.e., half of a bivalve (two-shelled shell). These are common on beaches around the world, so it shouldn't be too much of a struggle to find one. Choose one that's at least one and a half inches long; the bigger, the better. Small shells simply won't work for this rite.

When you've found a shell that appeals to you, pick it up, saying these or similar words:

Shell that has tumbled on the beach,
Bring what I need within my reach.

Wash the shell in ocean water to remove sand and seaweed particles. Return home. (Once there, don't be tempted to rinse the shell in fresh water. The salt is the ocean's blessing.) Place the shell on a table in your place of magic. Assemble the following items appropriate to your need (one need per spell, of course): For love, a pink candle and rose petals. For money, a green candle and ground cloves. For health, a blue candle and ground sage. Only a small amount of the herb will be needed. Place it in a bowl. Touch the herb and say appropriate words, such as:

Love, love, love for me.

or

Money, money, come to me.

or

Health, health, heal me.

Visualize your need as you touch the herb. Charge it

with personal power. Place a pinch or two of the herb in the shell. As you do this say,

> **I place love (or money, or health) within the sea.**

Light the candle of the appropriate color. Hold it upright and visualize your need until the candle has begun to burn down. Tilt it and drip its wax over the herb within the shell, slowly covering it over. This process will take some time.

When the herb is fully covered with wax, pinch or snuff out the candle flame and put away all items. Place the shell in a small sea-blue bag or wrap in a length of blue cloth and carry with you until your need has manifested.

THE STONE CASTLE

(to find a new home)

Gather together several small stones from the beach. Watch until the waves recede, then, working quickly, use the stones to form a rough outline of your new home. The outline itself isn't as important as your visualization: see yourself in your new home.

Stand back. The water will rise. As the wave hits the stones and tosses them, they release their energy and send it speeding toward manifestation.

SEA-PENTAGRAM-WEED

(for protection)

This is a simple rite that requires much seaweed. Spend a few minutes collecting the slick stuff, searching for longer pieces. Dip it into the ocean to remove excess

sand.

Then, while you're holding the seaweed (or touching the pile that you've created), say these or similar words:

Weed of the sea; weed of the sea;
Bring protection here to me.

Visualize and send protective power into the seaweed. Now create a pentagram (a five-pointed star) with the seaweed. The top point should be directed toward the ocean. Make the pentagram as large and as perfect as you can.

When you're finished, stand or sit within the center of the sea-pentagram-weed for a few moments to absorb its protective energies.

The sea-pentagram-weed can also be created near your ritual site for protection against intruders when performing any type of magic at the ocean.

A RITUAL TO HEAL THE OCEANS

This is a rite *for* the oceans of the world. Despite modern knowledge concerning the fragility of our oceans, pollution continues. If you have an opportunity to do so, go to the beach at least once just to perform this ritual. If not, perform this rite at home. This isn't a time for private, personal spells. This is a time of giving to the oceans: of lending them the strength to survive. (Some may see this rite as treading upon the free will of others, or even as manipulative magic. That's fine. Simply alter the visualizations.)

Walk into the water. Contact the element. Get wet (you needn't swim). Then sit on the sand.

Flow from one visualization to the next. Maintain each for as long as you can before continuing on.

* Visualize a sparkling clean ocean, free of pollution. The moon shines into it, scattering silver light upon its vast expanse. Waves break as they approach you, each strong and pure and clean. The foam glows with blue-green light.

* Visualize the swelsl that create waves, formed in distant places. Feel their power. Visualize them as being strong and pure and clean.

* Visualize a beach on a hot summer day. See people taking their trash with them. Visualize the oceans as being strong and pure and clean.

* Visualize a harbor busting with ships. See their owners and all who sail on the sea refusing to pollute the water. Visualize the oceans as being strong and pure and clean.

* Visualize a city by the ocean. See its factories refusing to discharge toxics into the water. Visualize the oceans as being strong and pure and clean.

* Visualize our planet as seen from space. See its inhabitants as ocean-loving creatures, surrounded by water. Visualize its its oceans as being strong and pure and clean.

* Visualize a sparkling clean ocean, free of pollution. The sun shines onto it, brightening its vast expanse. Waves break as they approach, each strong and pure and clean. The foam whitely glistens. Fish swin beneath its surface through clear water. Crabs scatter on surf-splashed rocks. Coral polyps builds reefs. Dolphins and seals dance through the waves. Whales echo their calls. Restless sharks maneuver through the depths. Seaweed waves in shadowy splendor....and throughout the world, we finally realize that the ocean is our mother, and that

we'll take care of her.
Following the visualizations, touch the water once again.

19
Creating Your Own Rituals

Perhaps you've spent some time practicing spells and rituals and find yourself wanting more. You may feel that you've reached a magical plateau. Or, you may be frustrated at your inability to find exactly the right spell for your situation.

Search no further than this chapter and the power within you. Creating your own rituals is an immensely satisfying part of natural magic. You can tailor spells to your specific needs. These spells may be more potent that any that I've included in this book *precisely because you made them!*

As long as you follow the nine guidelines listed in this chapter, your spells will be as effective as any that have ever been written and performed. Don't believe that old spells are more effective than new ones. This simply isn't true on any level, magically or psychologically. Most old spells utilize parts of animals (frog bones, wolf's hair) or ingredients that are impossible to obtain (jewel from a toad's head). In these gentler times, such rites are not only revolting, they're illegal.

Additionally, it's difficult to find a hundred year-old

spell devoted to breaking addiction to specific drugs, for finding a new car, or for easing stress.

If you've correctly practiced magic, you will have received results. If you've gotten results, you'll know that magic works. That said, the next step is to write your own rituals to fit specific situations.

Here, in brief form, are the points that will be raised in this chapter:

1. Determine the spell's goal.
2. Determine the element involved.
3. Determine the materials to be used.
4. Determine the appropriate time (if any).
5. Compose the rhyme or words of power.
6. Draft the spell in writing (or on a typewriter or computer).
7. Finalize the spell.
8. Gather the tools.
9. Perform the spell.

If you follow this plan, and use basic magical logic, you will be successful.

Now, to specifics of each of these points:

DETERMINE THE SPELL'S GOAL

This is your magical goal, or need; the reason for the ritual. Be specific, but not too specific. Do you want a 1979 white Cadillac, or do you need any operational, reliable car? The more specific you are, the more difficult it will be to fulfill your need. Never, *ever* direct love spells toward a specific person.

If the spell is designed to break an addiction, be certain to also include banishment of the root causes of the addiction. If your spell to break the addiction is successful,

but if you've failed to address the cause of the addiction, you will simply move on to another substance.

Remember: spells are used to fulfill *needs*, not whims.

DETERMINE THE ELEMENT INVOLVED

Virtually every magical need falls under the heading of one of the elements. Usually, we use tools that are magically related to that element. But some types of rituals are different.

In banishing spells of all kinds, it's best to use tools of the element *opposite* that which rules the problem. Thus, since cocaine addiction is ruled by Fire, Water would the ideal element to utilize.

Use this list to find the element involved. If your need isn't listed here, try to determine its element by the examples that I've included in this list.

Some needs are ruled by two elements; you can combine them or choose one of those listed. Additionally, remember that these are my lists. You may have other associations.

NEEDS AND THEIR ASSOCIATED ELEMENTS

Alcoholism (to break the addiction): Earth.
Animals (to protect): Earth.
Apartment (to obtain): Earth.
Beauty: Water.
Bills (to pay): Earth.
Business (for success in): Earth.
Car (to obtain): Fire.
Children (to protect): Fire.
Cocaine Addiction (to break): Water.

Composing Music: Water
Courage: Fire
Dreams (to remember): Air, Water
Dreams, Psychic: Water
Drowsiness (to prevent): Fire
Earth (to protect our planet): Earth, Air, Fire, Water
Employment: Earth
Friendship (to create or to foster): Water
Guilt (to release): Air
Healing: Water, Fire
Health: Water, Fire
House (to obtain) :Earth
House (purification): Water
Interviews (to excel in): Fire
Jealousy (to release): Earth
Love: Water
Magical energy: Fire
Marriage (to strengthen): Water
Methamphetamine Addiction (to break): Water
Money: Earth
Overeating: Air
Peace: Water
Physical and Magical Strength: Fire
Protection: Fire
Psychic Awareness: Water
Purification: Water, Fire
Sex: Fire
Sleep (to cause): Water
Smoking (to break addiction): Water
Stress (to cease): Water
Studying: Air
Travel: Air
Travel (protection during): Fire

NOTE: Rituals designed to break addictions **must be** backed up with counseling, by participation in support groups or other programs.

DETERMINE THE MATERIALS TO BE USED

You have a wide range of tools: candles, herbs, stones, colors, symbols and more. Select those which are magically linked to your goal. The next list includes certain natural tools suitable for specific magical needs. All are related to the need's ruling element. You needn't use *every* tool listed here; choose ones that are readily available to you.

The tools that you decide to use determine the spell's basic form. If you choose to use candles, you'll charge them with power and burn them. If not, you might draw symbols; mix herbs and stones; send visualizations into bathtubs or forests, or any number of other ritual actions.

For help in designing your rituals, I've also included suggested ritual forms (i.e., things to do with the tools). The color listed for each need is a guide for choosing candles, specially-colored cloth (for bags in which to put herbs), inks (used to draw magical symbols) and for other purposes directly linked to your magical goal.

MAGICAL NEEDS AND THEIR TOOLS

Alcoholism

Color: Brown or green.

Herbs: Cypress, patchouly, sage, lavender.

Stones: Amethyst.

Ritual Forms: Pour alcohol into a cup of water (dilution), then pour this onto bare earth (to halt addiction).

Symbol:

Other Tools: Support groups. Plain stones, charged and carried in pocket.

Animals (To Protect)

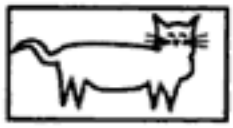
Color: Brown.

Herbs: Pennyroyal, lavender, cinnamon, basil.

Stones: Agate (any color), chrysoprase, malachite.

Ritual Forms: Rub animal with charged stone; place charged herbs with picture of animal (magical protection symbol sketched on back) in cloth.

Symbols:



Other Tools: For a cat or dog, a bit of shed hair; for a bird, a fallen feather; for a snake, a shed skin. Fossils can be used for all types of animals; photographs or sketches of the animal can be used.

Apartment (To Obtain). See ***House*** (To Obtain)

Beauty

Color: Light-blue or pink.

Herbs: Rose, thyme, lavender.

Stones: Amber, jasper, emerald, opal.

Ritual Forms: Place charged herbs in a circle around a mirror and look down into your reflection.

Symbol:

Other Tools: Hand mirror.

Bills (To Pay)
Color: Green.
Herbs: Cinnamon, clove, nutmeg, sage.
Stones: Aventurine, jade, peridot, tiger's eye.
Ritual Forms: Burn candle over sketch.
Symbols: A sketch of the bill marked "PAID IN FULL," money symbols sketched onto it.
Other Tools: The actual bills themselves.

Business (For Success In)
Color: Green.
Herbs: Benzoin, Cinnamon, Patchouly.
Stones: Bloodstone, Green Tourmaline, Malachite.
Ritual Forms: Place charged objects into cash register.
Symbol:

Other Tools: Business card.

Car (To Obtain)
Color: Red.
Herbs: Allspice, cedar, ginger, rosemary.
Stones: Garnet, sulfur, tiger's eye.

Ritual Forms: Wrap picture around stone; put charged herbs around candle.

Symbol: Sketch of car coming toward you.

Other Tools: Photograph of similar car; small piece of steel.

Children (To Protect)

Color: Red.

Herbs: Caraway, motherwort, cinnamon, hyssop, rose, lavender.

Stones: Agate (all colors), amber, coral, lapis lazuli.

Ritual Forms: Charge herbs, place into cloth, give to children (or place in bedroom); give jewelry containing charged stones to children to wear.

Symbols:

For 1 child For 2 For 3

Other Tools: Photograph of children (or child).

Cocaine Addiction

Color: Yellow. Candles *are not recommended!*

Herbs: Anise, lavender, mace, sage, lemongrass.

*Stones:*Aventurine, blue lace agate, rose quartz, amethyst.

Ritual Forms: Sketch symbol on paper, charge herbs and stones, place with symbol in yellow bag; carry at all times.

Symbol:

Other Tools: Support groups. Counseling.

Composing Music

Color: Blue.

Herbs: Camomile, nutmeg, orris, rose.

Stones: Azurite, blue calcite, jade, sodalite.

Ritual Forms: Charge stones and place in clear glass of water.

Symbols: Sketch of you composing music with your instrument of choice.

Courage

Color: Red.

Herbs: Allspice, whole black pepper, thyme.

Stones: Quartz crystal, garnet.

Ritual Forms: Burn candles with stones around them; hold charged stone.

Symbol:

Domestic Violence

Color: Not Applicable.

Herbs: Not Applicable.

Stones: Not Applicable.

Ritual Forms: Not Applicable.

Symbols: Not Applicable.

Other Tools: Call your telephone help line, women's center, your local law enforcement agency or telephone operator at once!

Dreams (To Remember)

Colors: Blue and yellow.

Herbs: Lavender, lemongrass, lemon verbena, sage.

Stones: Amethyst, aventurine, moonstone.

Ritual Forms: Place charged herbs into cloth and sleep with this; charge silver jewelry containing one of these stones and wear to bed.

Symbol:

Dreams (psychic)

Other Tools: Dream diary (you might burn the candles near the dream diary during your ritual, then keep the diary beside your bed).

Dreams (Psychic)

Color: Blue.

Herbs: Lavender, lemongrass, mugwort, nutmeg, rose, saffron.

Stones: Amethyst, azurite, citrine, lapis lazuli, moonstone.

Ritual Forms: Place charged herbs into cloth and sleep with them; place charged stone beneath pillow.

Symbol:

Other Tools: Small round mirror: expose to moonlight, place on or near bed.

Drowsiness (To Prevent)

Color: Red.

Herbs: Basil, chile pepper, ginger
Stones: Tiger`s Eye, red tourmaline.
Ritual Forms: Charge and smell herbs; place charged stones into water in sunlight, dry, and wear.

Symbol:

Earth (to protect and heal our planet)

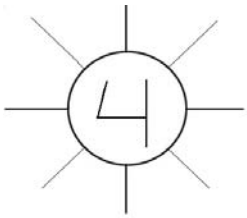
Colors: Brown and green. Candles are not recommended.
Herbs: Collect a few leaves and flowers from the wild plants in your area. Collect with love.
Stones: Simple rocks that you find in the ground or in the riverbeds. Mined stones of all kinds (including quartz crystal) are not recommended.
Ritual forms: Visualization; charging stones and placing in ground; charging seedling trees and planting.

Symbol:

Other Tools: Color photograph of the earth from space.

Employment
Color: Green
Herbs: Allspice, basil, cinnamon, dill, sage
Stones: Boodstone, peridot, topaz, tiger's eye
Ritual Forms: Rub symbol (drawn on paper) with herbs, place stones around candles.

Symbol:



Other Tools: Write up a "Want Add" for your needed job, listing salary qualifications, hours, location and so on.

Frienship (to create or to foster)

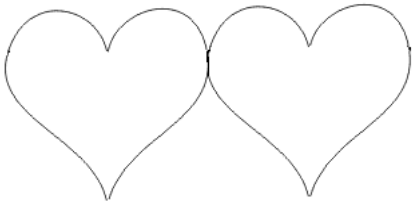
Color: Pink

Herbs: Camomile, cinnamon, coriander, lemon balm, vetivert.

Stones: Amethyst, chrysocolla, chrysoprase, rose quartz

Ritual Forms: Draw the symbol above a picture of yourself with others, charge herbs or stones and carry with you.

Symbol:



Guilt (to Release)

Color: Yellow

Herbs: Anise, rose, rosemary, slippery elm.

Stones: Aquamarine, calcite, rose quartz, salt

Ritual Forms: Release guilt into stone and throw into the air, make symbol on leaf, rip up and throw off a high place into the air.

Symbol:

Other Tools: Knot cord to represent your guilt, untie knot during ritual.

Healing

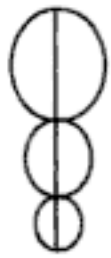
Color: Blue (for wounds and to generally heal); red (to destroy disease).

Herbs: Bay, cinnamon, eucalyptus, peppermint, sage, sassafras, spearmint.

Stones: Carnelian, hematite, jade, peridot, turquoise.

Ritual Forms: Charge stones, put in bath; burn candles ringed with charged herbs.

Symbol:



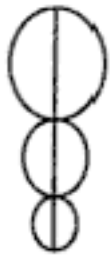
Other Tools: Keep medicine bottles in your place of magic, or burn candles near them before taking (if time permits).

Health

Color: Blue.

Herbs: Bay, cinnamon, eucalyptus, peppermint, sage, sassafras, spearmint.

Stones: Carnelian, hematite, jade, peridot, turquoise.
Ritual Forms: See ***Healing*** above.
Symbol:



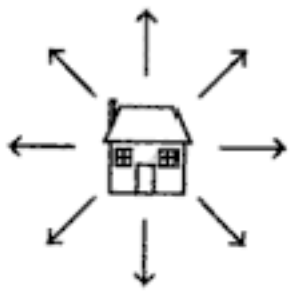
Other Tools: Picture of yourself in perfect health.

House or Apartment (To Obtain)

Color: Green or brown.
Herbs: Pine needles, patchouly, fern, vervain.
Stones: Obsidian, apache tear, hematite, onyx.
Ritual Forms: Combine charged herbs and stones, wrap in sketch, place in house-shaped box.
Symbols: A simple sketch of the floor plan.
Other Tools: Sawdust.

House Purification

Color: White.
Herbs: Eucalyptus, lemon, orange, rosemary.
Stones: Quartz crystal, salt.
Ritual Forms: Charge mixture of grated fruits, place small amount in each room; burn charged rosemary; carry white candles throughout house.
Symbol:

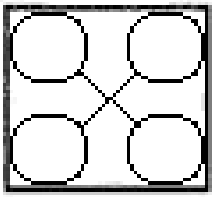


Other Tools: Add charged lemon juice to window washing solution.

Interviews (to excel in)

Color: Red
Herbs: Allspice, blackpepper, rosemary
Stones: Amethyst, bloodstone, carnelian, tiger's eye.
Ritual Forms: Charge stones and take with you; eat food containing small amount of charged herb before interview.

Symbol:

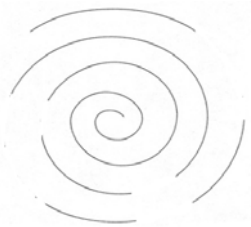


Other Tools: Charge resume with confident energy. Visualization.

Jealousy (to Release)

Color: Blue
Herbs: Cardamom, coriander, dill, lemon, rose, rosemary
Stones: Amethyst, chrysocolla, rose quartz
Ritual Forms: Trace symbol in fine-grounded herb, then wrap in cloth and carry; release jealousy into stone; burn charged blue candles.

Symbol:



Other Tools: A letter to the one that you're jealous of. Draw symbol over it and burn it.

Love

Color: Pink.

Herbs: Basil, lavender, rose, rosemary, thyme.

Stones: Amethyst, jade, moonstone, turquoise.

Ritual Forms: Charge herbs and carry; charge jewelry containing one of these stones and wear; place rings of herbs and stones around candles.

Symbols:

Other Tools: Cups, water, rings.

Magical Energy

Color: Red.

Herbs: Allspice, basil, carnation (fresh flowers), ginger.

Stones: Rhodocrosite, tiger's eye.

Ritual Forms: Charge herbs, inhale fragrance; wear charged stones; burn candles before mirror, absorb energy.

Symbol:

Marriage (To Strengthen)

Colors: Pink and red.

Herbs: Basil, camomile, cinnamon, clove, lavender,

rose.
Stones: Rose quartz, pink tourmaline.
Ritual Forms: Place paper with symbol under pink and red candles; charge herbs and place under bed.

Symbol:

Other Tools: Visualization; candles saved from wedding cake burned in ritual; photograph.

Methampetamine Addiction (to Break)
Color: Blue
Herbs: Lavender, rose, pennyroyal, peppermint, sage
Stones: Amethyst, jade, rose quartz
Ritual Forms: Draw symbol, charge herbs and stones, place all in blue bag and carry; baths with charged stones; charged fresh roses next to bed.

Symbol:

Other Tools: Bowl of water (dissolve addiction in water, dilute with other water and pour down drain).

Money
Color: Green
Herbs: Basil, clove, dill, nutmeg, patchouly, pine, sage

Stones: Aventurine, bloodstone, jade, peridot, tiger's eye.

Ritual Forms: Rub money with charged stones; charge herbs and smell while visualizing; bury charged stones or herbs; charge candle and put it in candle holder on top of a dollar bill; Light the candle.

Symbols:

Other Tools: Fresh earth; salt; dollar bill sketched in green ink on stiff paper.

Overeating

Color: Yellow.

Herbs: Almond, caraway, dill, fennel, lavender, rose.

*Stones:*Aventurine, garnet, mica, ruby.

Ritual Forms: Charge dill or fennel and sprinkle onto food; sniff charged rose petals before eating; carry bag of charged herbs and stones; visualize symbol over your food.

Symbol:

Other Tools: Support groups; counseling; visualization.

Peace

Color: Blue.

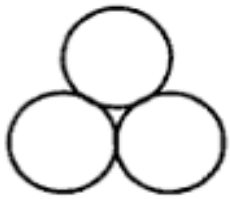
Herbs: Cumin, camomile, lavender, pennyroyal.

Stones: Amethyst, aquamarine, chalcedony, sodalite.

Ritual Forms: Charge stones and place in bath; charge

herbs and place around burning candle.

Symbol:



Other Tools: Soft music, trickling water, quiet meditation.

Physical and Magical Strength

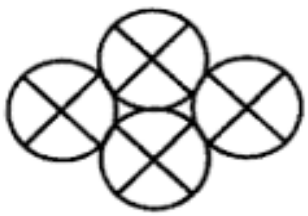
Color: Red.

Herbs: Allspice, basil, carnation (fresh flowers), ginger.

Stones: Diamond, quartz crystal, ruby.

Ritual Forms: Rub charged stones onto body; burn charged candles while eating.

Symbol:



Other Tools: Visualize yourself as being strong.

Protection

Color: Red or white.

Herbs: Basil, bay, black pepper, dill, juniper, pine, sage.

Stones: Carnelian, quartz crystal, garnet, lava, salt.

Ritual Forms: Charge stones and herbs, place around candle; carry charged herbs.

Symbols:

Other Tools: Photograph (place charged herbs onto it); mirrors, fires or flames, bent nails.

Psychic Awareness

Color: Blue.

Herbs: Anise, bay, cinnamon, nutmeg, peppermint, rose.

Stones: Amethyst, aquamarine, lapis lazuli.

Ritual Forms: Smell charged herbs; wear charged stones or place into bath.

Symbols:

Other Tools: Tarot cards; bowls of water.

Purification

Color: White.

Herbs: Eucalyptus, lemon, orange, spearmint.

Stones: Aquamarine, calcite, quartz crystal, salt.

Ritual Forms: Washing with herbs soaked in water; candles burned with charged stones.

Symbol:

Other Tools: Mirrors rubbed with herbs and charged to send negativity outside (direct toward window).

Sex

Color: Red.
Herbs: Cinnamon, ginger, patchouly, parsley.
Stone: Carnelian.
Ritual Forms: Burn red candles while charging herbs, place in red cloth under pillow.
Symbol:

Sleep (To Cause)

Color: Blue.
Herbs: Lavender, lemon balm, sandalwood, vanilla.
Stones: Amethyst, aquamarine, moonstone.
Ritual Forms: Place stones around candle, take stones to bed; charge lavender and sniff before retiring.
Symbol:

Smoking (To Break The Addiction)

Color: Blue. Candles *are not recommended.*
Herbs: FRESH herbs only: Catnip, eucalyptus leaves,

roses, sweet pea, thyme. Dried herbs and flowers are not recommended.
Stones: Aventurine, botswana agate, topaz
Ritual Forms: Charge stone and carry; sniff fresh, charged flowers.

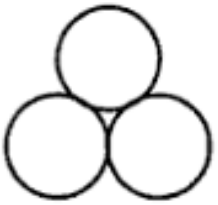
Symbol:

Other Tools: Support groups; stop-smoking plans and gadgets.

Stress

Color: Blue
Herbs: Cumin, lavender, pennyroyal
Stones: Amethyst, calcite, kunzite, malachite, sodalite.
Ritual Forms: Meditation on blue candle's flame; adding a bag of charged lavender to bath; wearing charged stones.

Symbol:

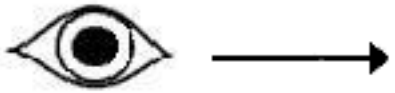


Other Tools: Smelling fresh, sweet-scented flowers; bathing or gently swimming; running water (place feet in)

Studying

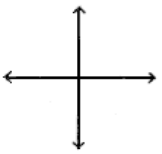
Color: Yellow

Herbs: Gum mastic, rosemary.
Stones: Aventurine, emerald, fluorite, citrine.
Ritual Forms: Charge stones; place on top of books during ritual.

Symbols: 

Travel

Color: Yellow
Herbs: Anise, mace, peppermint
Stones: Aventurine, chalcedony, mica
Ritual Forms: Carve destination onto candle with visualization and burn; charge stone and send to your destination.

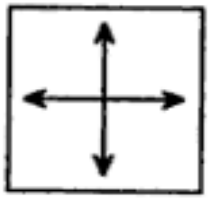
Symbol: 

Other Tools: Map, with destination circled and arrows pointing toward it.

Travel, Protection during

Color: Red
Herbs: Seaweed, kelp, bladderwrack
Stones: Carnelian, turquoise.
Ritual Forms: Charge seaweed and carry with you on journey; charge stones and place onto map of your destination.

Symbol:



Other Tools: Map of destination with protective symbols drawn on it in red ink; fossils.

NOTE: The "Ritual Forms" mentioned above are suggestions only. Use those which appeal to you, or create your own.

DETERMINE THE BEST TIME (IF ANY) TO PERFORM THE SPELL

Once, Earth magicians were practically ruled by the positions of the stars, the phases of the moon, the times of the day and night and the seasons. Spells, they believed, wouldn't work unless performed at the most opportune time.

Although this concept has been proven to be untrue, there's still something to be said for timing your rituals, when possible, with at least one of the cycles discussed below. If there's no way that you can wait, fine. No problem. At that point, the most opportune time to cast your spell is now.

THE SUN

Some magicians may wait for months for the sun to enter the proper sign of the Zodiac. This is fine for major workings but unrealistic for those who are working everyday magic. However, the there are other solar cycles worth following....if you have the time. If not, don't wait.

Sunrise

Day begins as light stretches out from the eastern horizon. This is an excellent time to perform rituals involving purification, business success, study, employment, breaking addictions of all kinds, travel, releasing guilt and jealousy, healing diseases, and the conscious mind.

Noon

The sun shines far above at full strength. This is fin for all sunrise ritual purposes, as well as those that involove magical energy, physical energy, strength, protection, money and courage.

Sunset

The sun slips below the western horizon, signaling the time for breaking addictions, weight-loss, banishing misery and pain, transforming anguish and negative habits.

Night

The sun is out of sight. This is the drowsy time for beauty, dreams, psychic dreams, psychic awareness, spirituality, sleep, sex, purification, love, friendship, peace, releasing stress, healing wounds.

MOON

The moon waxes and wanes each month, rising an hour or so later during each twenty-four hour period. When it is full, it rises as the sun sets. There are different types of spells traditionally performed at the phases of the moon. More complicated patterns exist, relating to the specific day of each lunar month, but these methods are rarely followed today. The moon's phases and the types of magic appropriate to them are:

Waxing Moon (from new to full)
When the moon is waxing, it is time for beginnings, health and healing, psychic awareness, beauty, fertility, and all positive magical workings.

Full
All positive magical spells are performed beneath the potent glow of the full moon, including protection, love, healing, purification, psychic awareness, money and travel.

Waning Moon (from full to new)
This is the time for banishment of habits, addictions, disease and negative thoughts. Jealousy, guilt, and hurts are released unding the waning moon. The old is swept away to make room for the new.

THE SEASONS

The powerful effects of the seasons can also, according to some Earth magicians, subtly affect magical workings. Traditionally, these types of magic are perfomed during these seasons:

Spring
A time for healing, purification (spring cleaning is one survival of this); psychic awareness, paying bills, fertility, planting magical gardens, and ecological rituals. Air magic.

Summer
A time for love, marriage, friendship, beauty, protection, courage, magical energy, physical energy, and strength. Fire magic.

Autumn
A time for money, employment, new posessions (including cars and homes). Water magic.

Winter
A time for banishment of disease, habits and addictions, seeking past lives. This is a time for introspection, meditation, reading, and magical excercise designed to renew the magician for the coming spring. Earth magic.

SPECIAL TIMES

Lightning Storms are periods of intense energy. All spells cast during storms will be empowered by them, and may prove to be more effective. Protection rituals are ideal at these times.

Rainstorms are fine for purification, love, compassion, friendship, beauty rituals, and releasing guilt and jealousy.

Snowstorms are the time for gentle magic, purification, and stilling moments. Release unrequited love.

Heavy winds empower rites designed to break addictions, assist study, and travel spells.

Searing hot days charge rites of protection, courage, and energy.

Solar and lunar eclipses are dramatic moments both for their observers as well as for magicians. In the past, magicians were urged not to perform magic during eclipses. Today, many natural magicians use the suggestive power of an eclipse to fuel spells involving banishments, including the destruction of disease.

These have been some timing suggestions. Let them be guides, not shackles!

COMPOSE THE RHYME OR WORDS OF POWER

It has often been stated that spells accompanied by words are more powerful. They are for many magicians. There are two reasons for this:

a) When the magical goal has been reduced to specific words, the magician can more fully visualize its manifestation.

b) The spoken word contains vibrations. In using the proper voice (see Chapter Two), the magician sends personal power through the words and into the tools being used.

So, the next step is to compose a short rhyme to be said during the spell, or writing up a simple explanation of your magical need.

The best way to learn how to do this is to do it. Choose examples from this book to follow, if you wish. Or simply sit down with a pencil and a pad of paper and doodle for a while.

Hmmm. These are some guidelines which you can use to create your own:

* Clearly state your need

* Clearly state all dimensions of your need (enduring love rather than love; complete protection, rather than just physical protection; breaking the addiction forever, as well as its causes, manifestations, and so on.

* If possible, mention some of the tools that you have decided to use in the spell in your own words or magical rhyme. Indeed, for some spells, these words may help you to structure the entire rhyme or chant.

* Use hypnotic words (beginning with ``s`` or containing a ``z``) for psychic awareness, love and healing spells; use potent, strong words for protection spells. Match the words to the type of ritual you're composing. The words ``sharp``, ``jab``, and ``crackling`` would be better suited to a to a protection chant rather than a love rhyme.

* Don't expect the words to simply flow from you. Work at it, and work with them. Your psychic mind knows what you need.

* Concerning rhymes: most of the rituals that I've included in this book contain rhyming chants. After many centuries of observation and practical working, magicians have discovered thay rhymed words, stated during a spell, have a more powerful effect upon our conscious minds than do un-rhymed words. They allow us to slip into the proper state, assist us with visualization (because we are not busy trying to remember the next word) and speed the build up and release of personal power.
If you can manage making some rhymed chants, fine. If not, don't worry. As long as the words describe the effects of your spell, they'll be effective. One last point - its best if you can

memorize the words. If not, at least read over them several times so that you're familiar with them.

DRAFT THE SPELL IN WRITING

Now that you know your magical need, the element involved, the materials that you'll use, the time (if any) and the words that you'll say, put them together. Decide what you'll do with the tools that you've chosen, and how everything will fall into place. Write out the spell in a simple format. Here's an example:

TIME: Now (or Full Moon).

TOOLS: Cup, water, one rose, two tablespoons rosemary, one pink candle.

ACTIONS: Fill cup with water. Place rose in water. Charge candle with love energy. Place in holder; light. Sprinkle charged rosemary around candle. Say words.

WORDS: **I need love,**
I want love
I have love!

or

By this cup of rosy cup of love
I draw love from up above.

This is the basic outline of the spell. When you're sure that this is the best form for the spell, move on to the next step.

FINALIZE THE SPELL

Write out the spell as you'd find it in this book. Use your best handwriting skills, because the written form of this spell is a piece of the magic itself. Since *you* wrote it, it

contains your power. When glancing at it during the ritual, it will give you strength and energy.

Here's how you might write out this ritual:

Rosy Love Spell

On the Full Moon, or when in need: gather together one rose, one cup, water, one pink candle, one candleholder, two tablespoons rosemary. Charge the rose with love. Charge the rosemary with love. Charge the candle with love.

Fill the cup with water. Place the rose into the water while saying:

By this cup of rosy love,
I draw love from up above.

Set the candle into the candleholder behind the rose cup. As you light it, say:

By this cup of rosy love,
I draw love from up above.

As the candle flames, sprinkle rosemary clockwise around the candleholder while saying:

By this cup of rosy love,
I draw love from up above.

Allow the candle to burn for at least nine minutes.

As you can see, this is far more detailed than the general plan that we've previously made, and contains everything in its proper place so that you won't have to stumble over things as you're actually performing the spell.

The more time that you spend in creating your spell, and even in writing it out, the more effective it will be.

GATHER THE TOOLS

This step usually isn't taken until you're ready to perform the spell. However, if you find your magical pantry low on candles and herbs, there's no reason not to buy new supplies.

Be sure to have *everything* necessary before beginning. Forgetting matches (necessary to light candles) can be frustrating, to say the least.

In gathering your tools, you're gathering together energies that you'll call upon in your ritual. So the simple act of pulling out a pink candle, buying a rose and finding a suitable cup are more than just preperations for magic - they are magic.

PERFORM THE SPELL

This is the last step. There is little more to be said, for you already know how the spell will work. You also *know* that the spell will be effective. Still thinking that your spell will be ineffective because you've created it yourself? Release that disbelief.
Let it go to be cleansed of the winds, the sun's heat, the moon's cool pools and the Earth rich soil.
Cast your spell with a positive attitude, and it will surely manifest.

Afterword

In reading this book once again some months after I finished it, I was struck at the differences and similarities between it and its predecessor, Earth Power. I began writing Earth Power in 1982. In the intervening decade, I've continued my magical studies and practices, and much of this work is reflected in the current book.

I hope that the essence of Earth Power lives on in this book. Not in its words, but in its tones and major themes. Earth Power began as a compilation of the magical workings that I had performed since I was 15. It was, of necessity, a simple guide to practicing folk magic, filled with magic pools, mystic mirrors, and enchanted gardens. I attempted to present the type of magic that I had learned in my youth.

I doubt that I could write such a book today. I've become more acquainted with more of the ``whys`` and ``hows`` of magic, have developped personal systems of spell casting, and have spent 10 years researching, experimenting, collecting, thinking and living natural magic since then. Such experience has a knack of working its way into everything that I write, as it has in this book.

The method that I've used in presenting the material contained in this book isn't identical to that found in *Earth Power*. Yet I trust that its spirit is the same, and that it will encourage larger numbers of our sisters and brothers to touch the Earth and to discover magic as a joyous method of personal transformation.

This book is an invitation. Come, it says. Come walk the green fields. Peer into the mystic spring. Touch the bark of ancient trees. Smell the intoxicating fragrance of flowers.

Feel the wind brushing past you, cooling the heat of the sun. Watch twilight spread over the sea, and gaze at the stars overhead. Sit comfortably upon the Earth and wonder at its power.

The miracles of nature around us inspired the birth of magic. These same processes sustain our lives. If we look closely, we'll discover that magic is living, and that living is a magical process. Nothing separates them; they are one.

If you would be a magician, honor the Earth. Honor life. Love. Know that magic is the birthright of every human being, and wisely use it.

This book of magic is ending. Yours, however, is continuing. May it be a book of joy.

Appendix One

MAGICAL SYMBOLS

This is a collection of symbols that can be used in natural magic. There are many possibilities for using these symbols in your magical workings besides the ones presented in this book. Healing, energy, and love symbols can be visualized or "drawn" with power in a tub of water before bathing. A psychic awareness symbol can be stitched or embroidered onto a cloth bag that houses tarot cards. Protective symbols can be drawn onto cars, objects that are lent, or even visualized wrapping themselves around your children as they leave for school each morning.

These symbols, in and of themselves, possess little energy. They must be created (by physical or visualized means) with personal power. Only then will they focus and transmit energy.

For this reason, it's vital that the natural magician be able to create them with ease. Practice drawing them on a piece of paper. You needn't visualize for this; simply draw

them over and over until you've memorized the symbols relating to various magical needs. Then you'll be able to use them at will. This also ensures that making them won't be a hardship during the performance of a spell.

Generally, these are my own symbols, gleaned from personal experience and studies into magical lore. Other symbols, even those that you yourself create, may be more effective in your hands and mind.

Where two or more symbols appear here, use the one that seems to be the most effective in building personal power. That's the most important thing.

(More symbols can be found in Chapter Nineteen of this book.)

BEAUTY

CONSCIOUS MIND

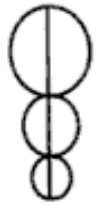
COURAGE

ENERGY

FERTILITY

FRIENDSHIP

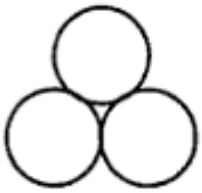
HEALTH AND HEALING



LOVE

MONEY

PEACE



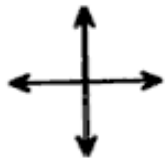
PROTECTION

PSYCHIC AWARENESS

PURIFICATION

SPIRITUALITY

TRAVEL



WEIGHT LOSS

Appendix Two

SUPPLIERS

This is a list of merchants that welcome mail-order business. Though many tools used in natural magic (such as the ocean, a sunset, a leafy tree, or a burning desert) cannot be obtained in this way, candles, herbs, lodestones, and other supplies can be difficult to find in your area. Catalog costs and addresses were correct as of the date of writing.

APHRODISIA
282 Bleeker St.
New York, NY 10018

Herbs. Send $2.00 for catalog.

CROW HAVEN CORNER
125 Essex St.
Salem, MA 01970

Herbs, candles, books, ritual tools, and much else of interest. Send self-addressed, stamped envelope for catalog ordering information.

THE CRYSTAL CAVE
415 W. Foothill Blvd.
Claremont, CA 91711

Herbs, candles, books, ritual tools, and much else of interest. Send $2.00 for catalog.

ENCHANTMENTS
341 E. 9th St.
New York, NY 10003

Herbs, candles, books, rituals tools, and much else of interest. Send $2.00 for catalog.

EYE OF THE CAT
3314 E. Broadway
Long Beach, CA 90803

Herbs, candles, books, rituals tools, and much else of interest. Send $8.00 for comprehensive catalog.

ISIS
5701 E. Colfax Ave.
Denver, CO 80220

Books, herbs, candles, ritual tools, and much else of interest. Send for free catalog.

MAGIC BOOKSTORE
2306 Highland Ave.
National City, CA 92050

Books, candles, herbs, ritual tools, and much else of interest. Send $2.00 for catalog.

MAGICKAL CHILDE
35 W. 19th St.
New York, NY 10011

Books, herbs, candles, ritual tools, and much else of interest. Send for free catalog.

MERCHANTS OF THE MYSTIC ARTS
976 W. Foothill Blvd. Suite 504
Claremont, CA 91711

Books, herbs, candles, ritual tools, and much else of interest. Send $2.00 for catalog.

MYSTIC MOON
8818 Troy Ave.
Spring Valley, CA 92077

Books, candles, herbs, ritual tools, and much else of interest. Send $1.00 for catalog.

SPELLBOUND
455 Broad St.
Bloomfield, NJ 07003

Books, herbs, candles, ritual tools, and much else of interest. Send $2.00 for catalog.

PUBLICATIONS

These publications usually contain articles and rituals of interest to natural magic practitioners, as well as advertisements from magical suppliers. For subscription information, send a self-addressed, stamped envelope.

CIRCLE NETWORK NEWS
Box 219
Mt. Horeb, WI 53572

LLEWELLYN'S MAGICAL ALMANAC
Llewellyn Publications
P. O. Box 64383-131
St. Paul, MN 55164

NEW MOON RISING
(formerly THE ROSE AND THE QUILL)
8818 Troy Ave.
Spring Valley, CA 92077

Folklore/Wicca

CREATE WONDROUS TRANSFORMATIONS

A water-smoothed stone . . . The wind . . . A candle's flame . . . A pool of water. These are the age-old tools of natural magic. Born of the Earth, possessing inner power, they await only our touch and intention to bring them to life.

The four Elements are the ancient powerhouses of magic. Using their energies, we can transform ourselves, our lives and our worlds. Tap into the marvelous powers of the natural world with these rites, spells and simple rituals that you can do easily and with a minimum of equipment.

- Includes more than 75 spells, rituals and ceremonies
- Provides detailed instructions for designing your own magical spells
- Instills a sense of wonder concerning our planet and our lives
- Promotes a natural, positive practice that anyone can successfully perform

---

"This handbook of contemporary folk magic is filled with easy-to-perform rituals, designed to bring about beneficial personal transformation through rapport with the elements of nature. Those who have enjoyed working with Scott's earlier book *Earth Power* can find additional useful material in this work."

—Selena Fox
High Priestess, Circle Sanctuary

"The elemental building blocks of magic and nature—described here simply and elegantly—with practical spells for every imaginable purpose. A wonderful introduction for the new practitioner, or an easy-to-use reference work for the more experienced spellcrafter."

—Anodea Judith
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